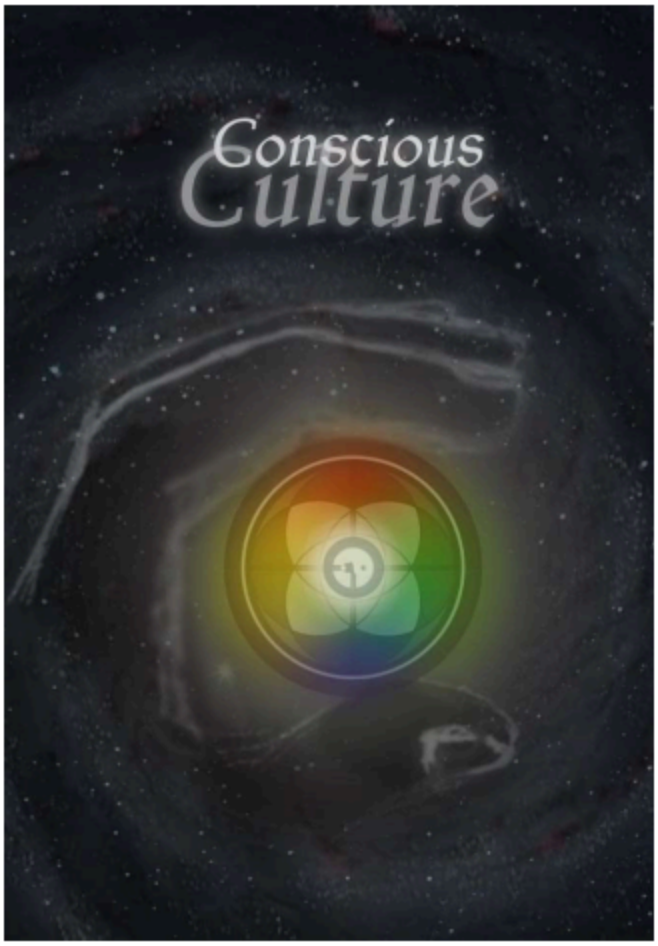
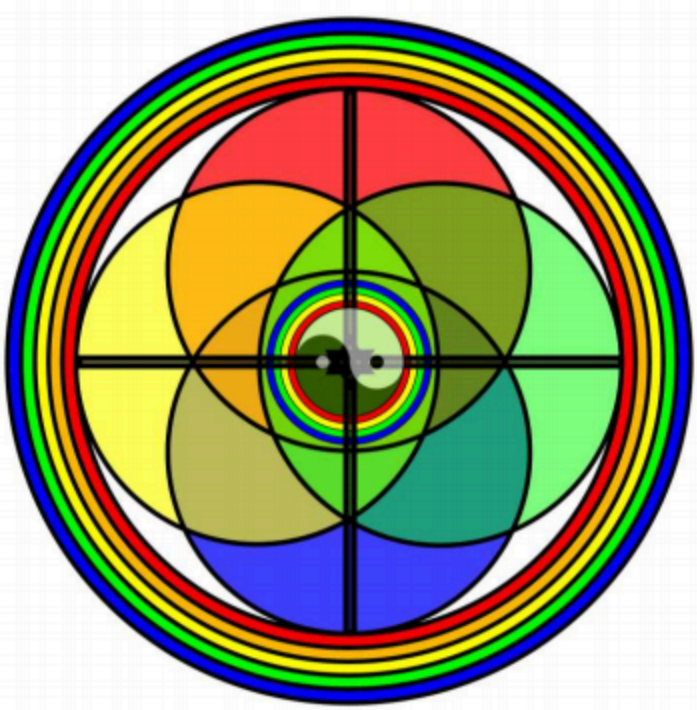




I. Defining

1. Conscious - Aware of and responding to one's surroundings; awake. Similar to; Aware, awake, wide awake, compos mentis, alert, responsive, reactive, feeling sentient, painfully aware of; sensitive to
   a. Conscience – An inner feeling or voice viewed as acting as a guide to the rightness or wrongness of one's behavior. AA cognitive process that elicits emotion and rational associations based on an individuals moral philosophy or value system. Similar to; sense of right and wrong, sense of right, moral sense, still small voice, inner voice, voice within, morals, standards, values, principles, ethics, creed, beliefs, compunction, scruples, qualms
      i. Science – The intellectual and practical activity encompassing the systematic study of the structure and behavior of the physical and natural world through observation and experiment
      ii. Scientific Method – A method of procedure that has characterized natural science since the 17th century, consisting in systematic observation, measurement, and experiment, and the formulation, testing, and modification of hypotheses. "Criticism is the backbone of the scientific method"

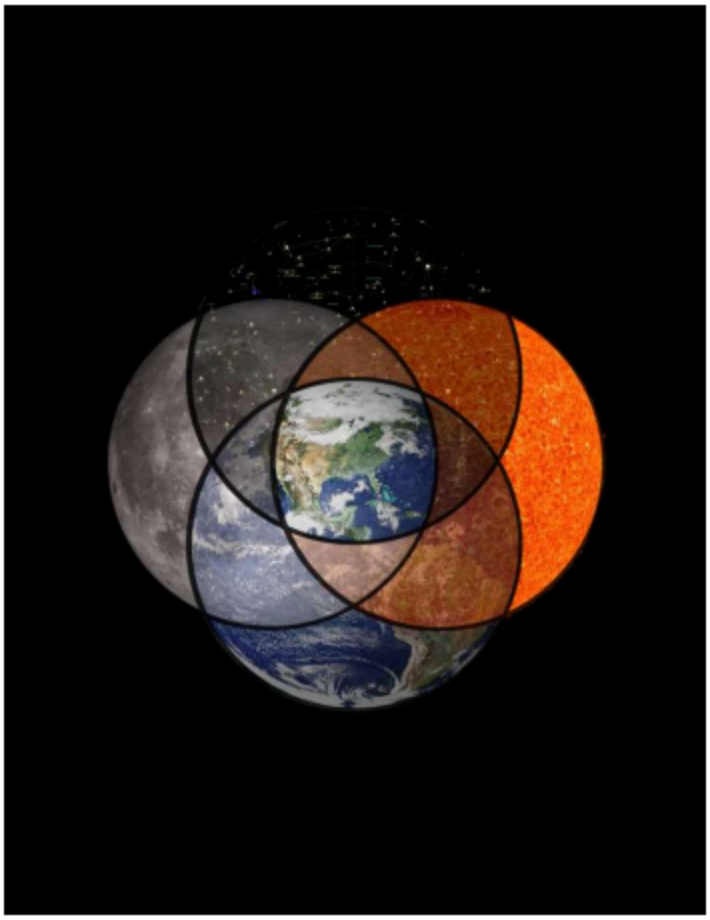
2. Culture
   a. [Biology] a medium designed to support the growth of microorganisms or the cells of a plant or animal
   b. [Social Sciences] (1) the social behavior and norms found in human societies. (2) A culture is the set of customs, traditions, and values of a society or community, such as an ethnic group or nation. (3) Culture is the set of knowledge acquired over time. (4) Culture as an attribute of the individual is the degree to which they have cultivated a particular level of sophistication in the arts, sciences, education, or manners.

Insert image of the categorization of human behavior as: 1. (intra psychic a. biological b. psychological c. sociological d. spiritual. 2. (interpersonal) 3.Intra Group. 4. Inter Group (4 circles within one (intrapsychic) circle of 4 thers

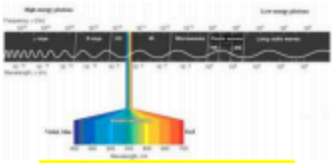
II. Historical Definition(s)

1. Conscientia (106-43BC - Cicero) – (A) Knowledge with; shared knowledge. (B) "The knowledge that a witness has of the deed of someone else."
2. Conscious (1668 - Hobbes) – Where two, or more men, know of one and the same fact, they are said to be conscious of it one to another
3. Consciousness (1690 - Locke) The perception of what passes in a man's own mind
4. Conscience – (1701 - Descartes) – Internal Testimony
5. Collective/Creative Conscious/Conscience (1893 – Emile Durkheim) – The totality of beliefs and sentiments common to average members of a society which forms a determinate system with a life of its own.
6. Double Conscious (1897- Frederick Douglass) – "a peculiar sensation, the sense of always looking at one's self through the eyes of others, of measuring ones soul by the tape of a world that looks on in amused contempt and pity. One ever feels his two-ness, - An American, a Negro, two souls, two thoughts, two unrecognized strivings; two warring ideals in one dark body, whose dogged strength alone keeps it from being torn asunder."
7. Collective Unconsciousness (1916 – Carl Jung) – Refers to structures of the unconscious mind which are shared among beings of the same species. Populated by Instincts and Archetypes: Universal Symbols. Distinguished between the "personal", Freudian unconscious, filled with sexual fantasies and repressed images." The collective unconscious comprises in itself the psychic life of our ancestors right back to the earliest beginnings. It is the matrix of all conscious psychic occurrences, and hence it exerts an influence that compromises the freedom of consciousness in the highest degree, since it is continual striving to lead all conscious processes back into the old paths." – Carl Jung in "The Significance of Constitution and Heredity in Psychology" (November 1929)
8. Class Consciousness (1923 – Georg Lukacs, Marx Theory) – The set of beliefs that a person holds regarding their social class or economic rank in society, the structure of their class and their class interests. An awareness that is key to sparking a revolution that would "create a dictatorship of the proletariat [working class], transforming it from a wage-earning, property-less mass into the ruling class." - Karl Marx
9. Cultura Animi (106-43BC - Cicero) - "Culture" is based on a term used by Ancient Roman Orator Cicero, who wrote of a cultivation of the soul or "– *the highest possible ideal for human development*", "*refers to all the ways in which human beings overcame their original barbarism, and through artifice, became fully human*". "*man's emergence from his self-incurred immaturity, this immaturity comes not from a lack of understanding, but from a lack of courage to think independently. Dare to be wise!*", an ideal of individual human refinement, of "*the best that has been thought and said in the world*", "*Culture being a pursuit of our total perfection by means of getting to know, on all the matters which most concern us, the best which has been thought and said in the world.*" "*Culture is a powerful but invisible force*, and we must deal with it very consciously."

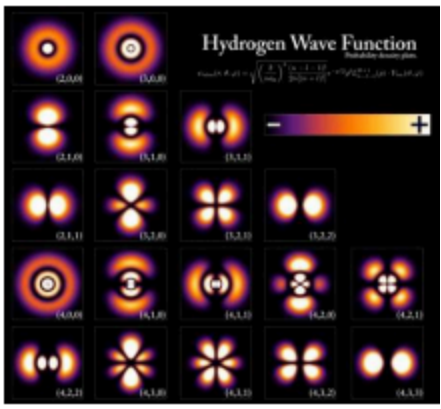
CC Disambiguation: Conscious/Conscience-Culture, Carbon Copy, Cubic Centimeter, Closed Captioning, Common Criteria, Creative Cloud, Communication/Citizens Commission, Command and Conquer, Crowd Control, Chief Complaint, Comedy Central, Criminal Case, Corpus Callosum, Curatus, Cosmological Constant, Complex Conductivity, Complex Conjugate, Circuit City

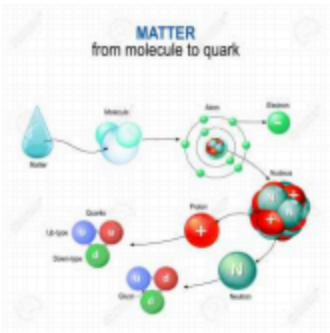


1. Observation(s)

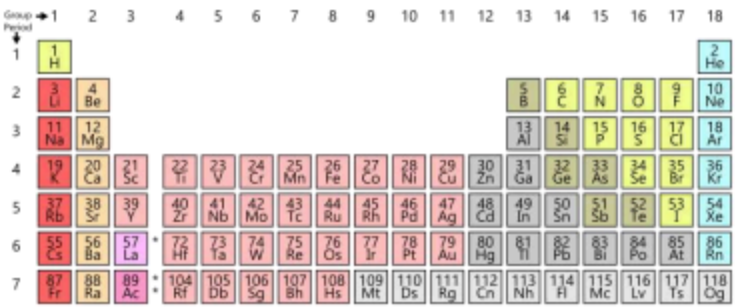


Laws of thermodynamics, physics, calculus, proportional graphing...



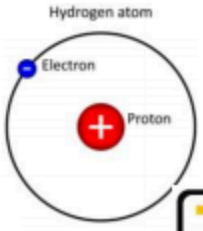


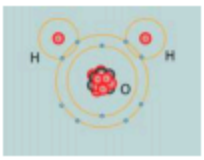
From water molecules to the ocean: 1. ATOMIC Quarks, bosons, hadrons, leptons 2. ATOMIC Protons, Neutrons and Electrons 3. Atoms 4. MOLECULAR[inc, ip, 5. Cellular organism [intra-multi-cell division 1 and intraplanetary division 3]6. Multi-cellular

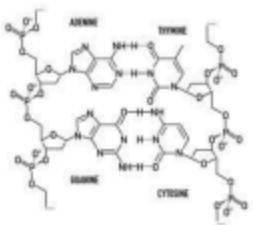


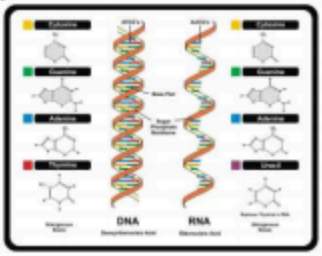
organism (spectrum: 1.

Individual, micro, meso, exo, macro][intraplanetary division 2] 8. Regional, DOMAINS, KINGDOMS, CLASSES, SPECIES [Intra Planetary], Division 1: 7. Inter-Planetary bodies Biospherical Unity 8. Extra-Planetary / Molecules Galactic

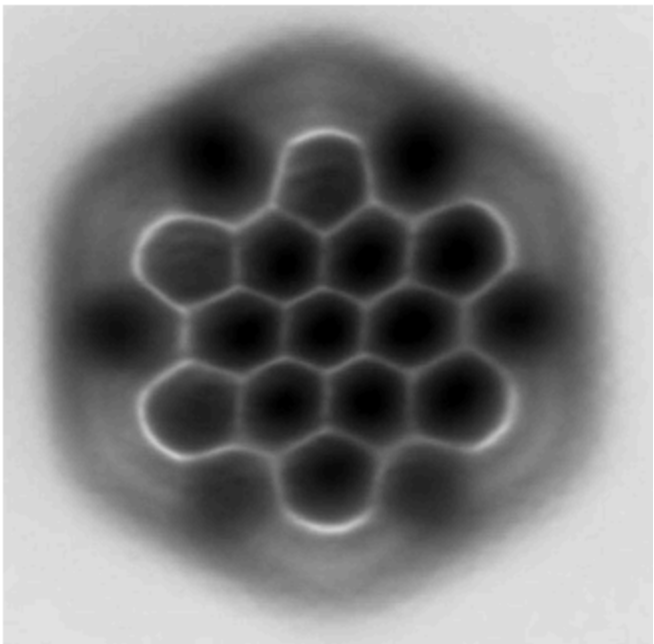




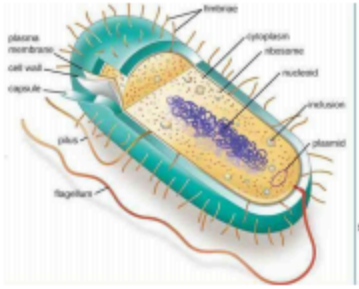


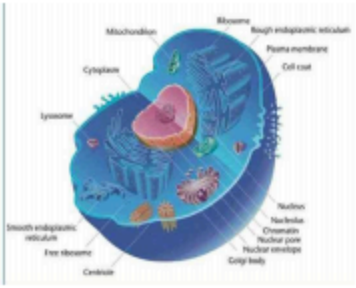


And sand grains to the stars



https://science.sciencemag.org/content/333/6040/1126.full

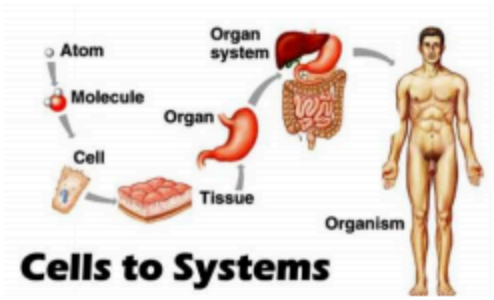


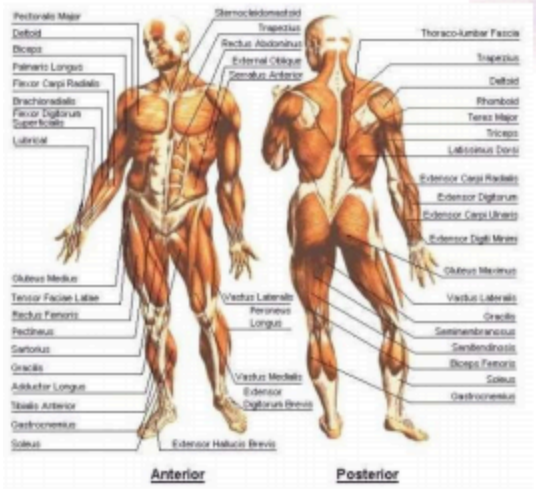


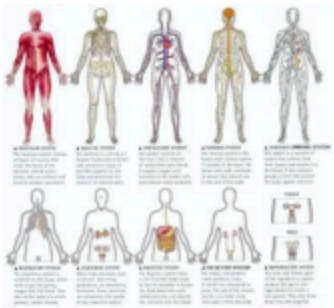
+Natural endogenous, organic entheogens and synthetic love variants

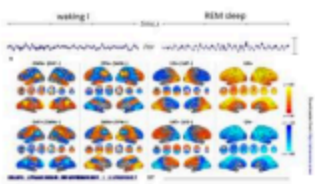
Introduce concept Humones, molecular formula for human and then earth and Sun presented with regards to Ribb thims

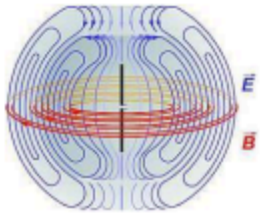
+Pharmaceuticals in drinking water

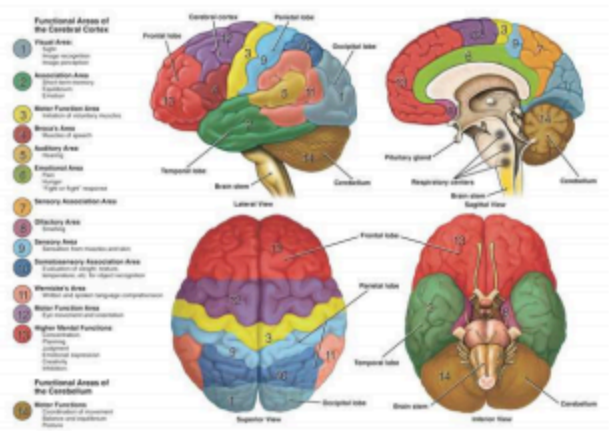




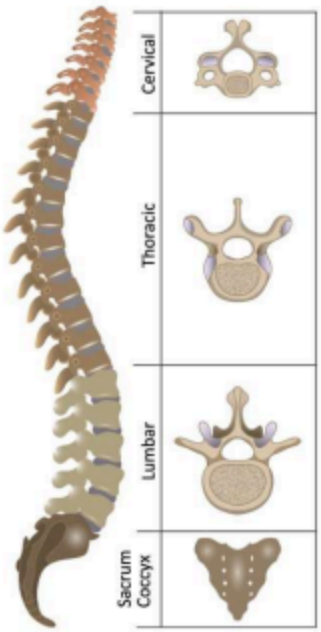


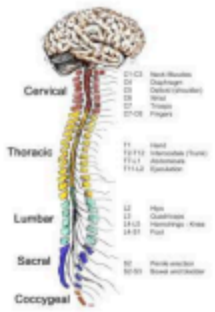


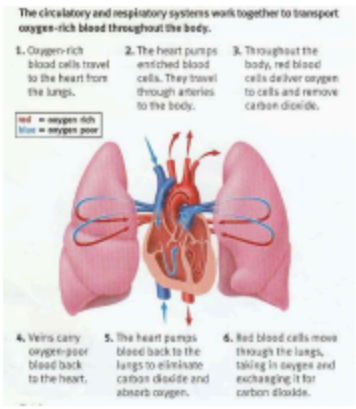


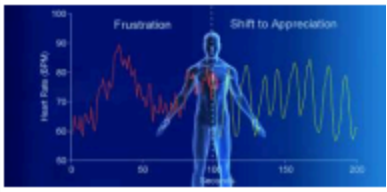


Add heart math citations, yogi rama,





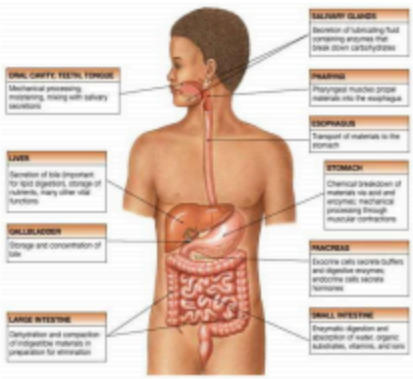


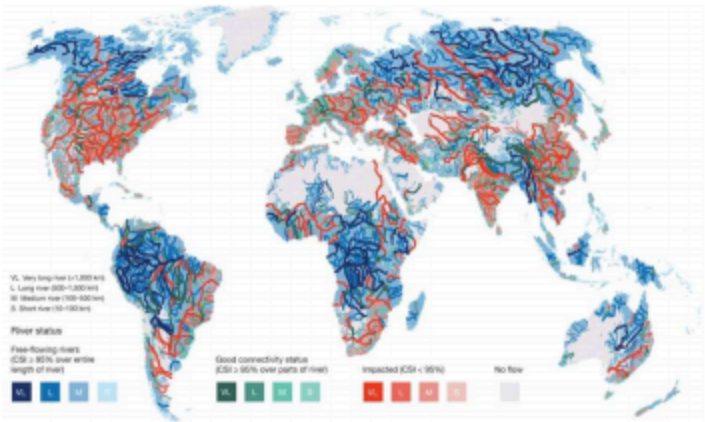


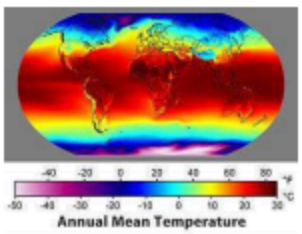
Replace cascadia with larger Pacific temp.

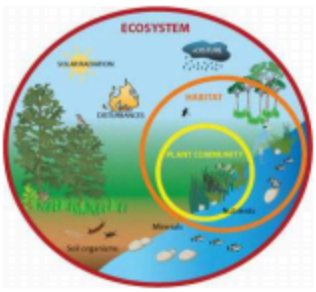
Also replace organ pic with more detailed and

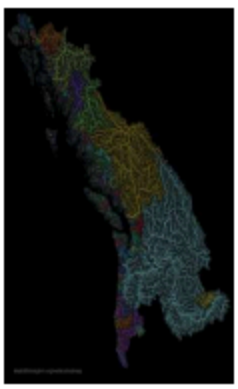
Add wildflowers of cascadia here (move to bio analysis)

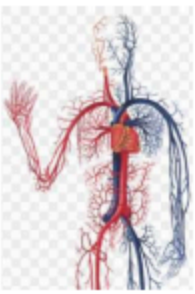


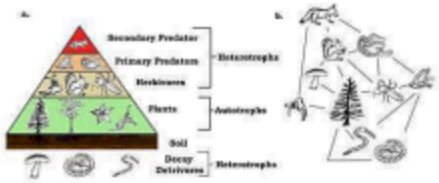


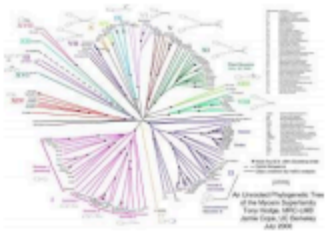


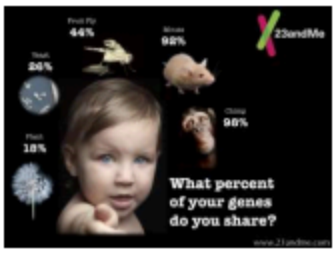








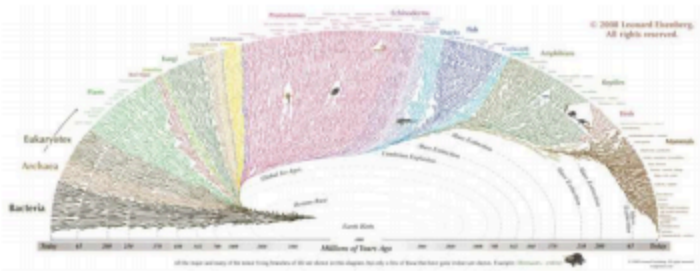




Timeline of stars and 360 degree mathematics, pic, calculus etc beginning in 3-2k bc

A. Historical Timeline(s)*

Add native treaties, death toll and current to compare analysis to salmon



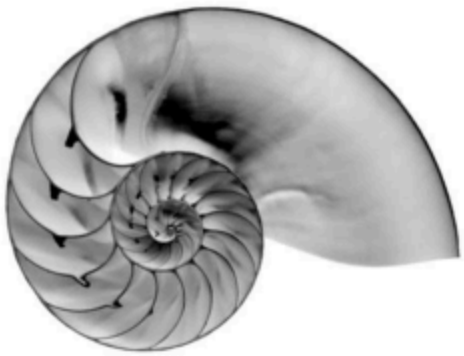
We know the Babylonians had "recipes" for two forms of the quadratic equation.

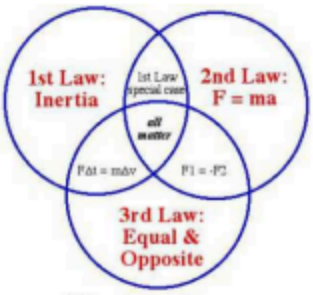
$$x^2+ax=b \Rightarrow x=\sqrt{\left(\frac{a}{2}\right)^2+b}-\frac{a}{2}$$

$$x^2=ax+b \Rightarrow x=\sqrt{\left(\frac{a}{2}\right)^2+b}+\frac{a}{2}$$

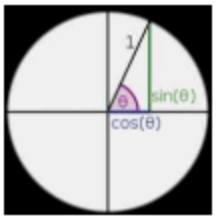
Although we don't know if they had "recipes" for the other forms, we do know that they had techniques for solving these forms.

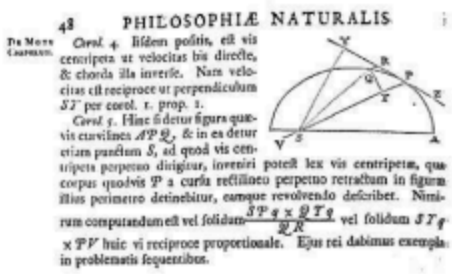
Edwin smith papyrus – ancient Egyptian medecine





Newton's Laws



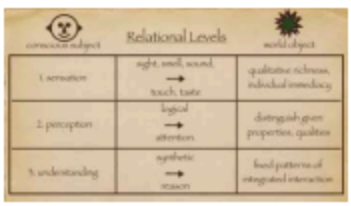


De Motu Corporum.

48 PHILOSOPHIÆ NATURALIS

Corol. 4. Iisdem positis, eſt vis centripeta ut velocitas bis directe, & chorda illa inverſe. Nam velocitas eſt reciproce ut perpendiculum ST per corol. 1. prop. 1.

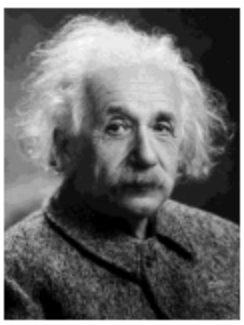
Corol. 5. Hinc ſi detur figura quævis curvilinea APQ, & in ea detur etiam punctum S, ad quod vis centripeta perpetuo dirigatur, inveniri poteſt lex vis centripetæ, qua corpus quodvis P a curſu rectilineo perpetuo retractum in figura illius perimetro detinebitur, eamque revolvendo deſcribet. Nimirum computandum eſt vel ſolidum $\frac{SP^4 \times QT^4}{QR^2}$ vel ſolidum $ST^4 \times PV$ huic vi reciproce proportionale. Ejus rei dabimus exempla in problematis ſequentibus.



Add more historical images

David hume's passions in treatise book 2: of passions

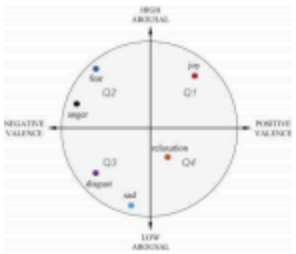
Hegels phenomenology of spirit relational levels and also cycle of master- slave dialectic



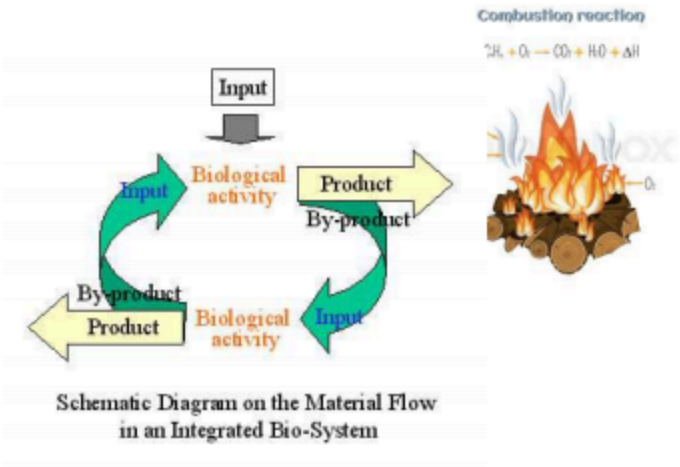
Add quote to Einstein here? Or at end "society worships the servant and forgets the gift"

Social contract – leviathan

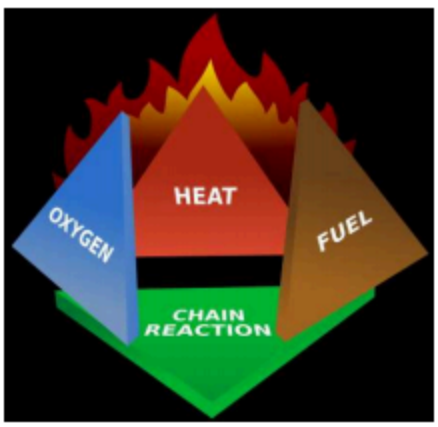
Marx -

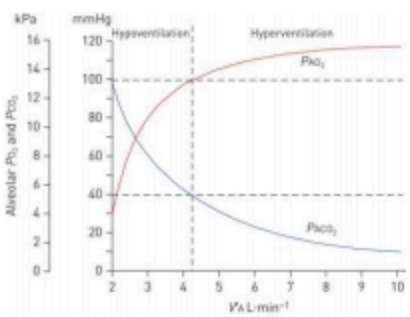


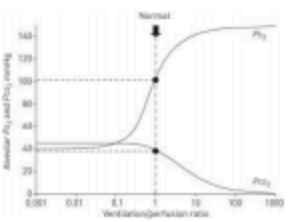
I. The Cave Allegory



Ommitted original storyboard comp of fire, breath, humor, atachment

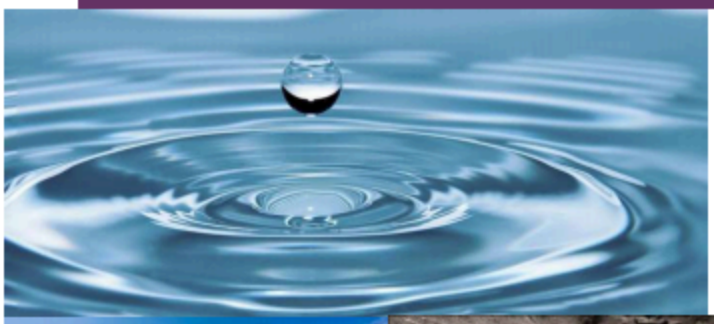






B. Hierarchy of Needs

i. Physiological Needs

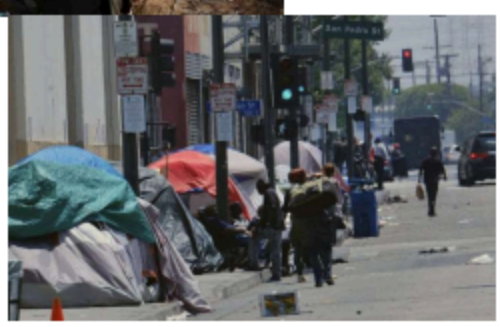


Reference observations schematic diagram, definition for life, cellular and human needs

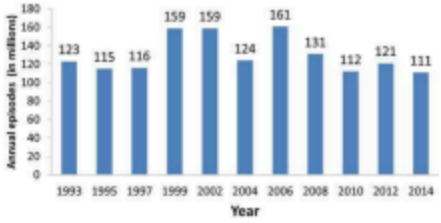
Images of air land food, water, to accompany key stats of war

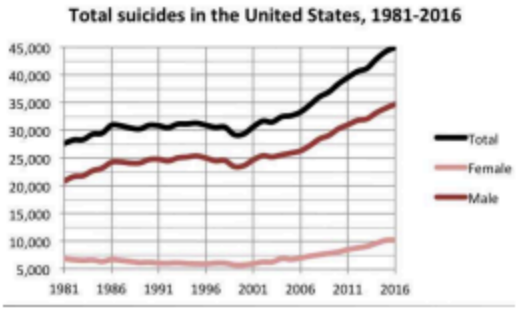
Analysis water babies and seeing pollution in our own water

ii. Safety and Security



iii. Love, Belonging and Self-Esteem





iv. Self -Realization and Actualization

Richest Objects

Richest people

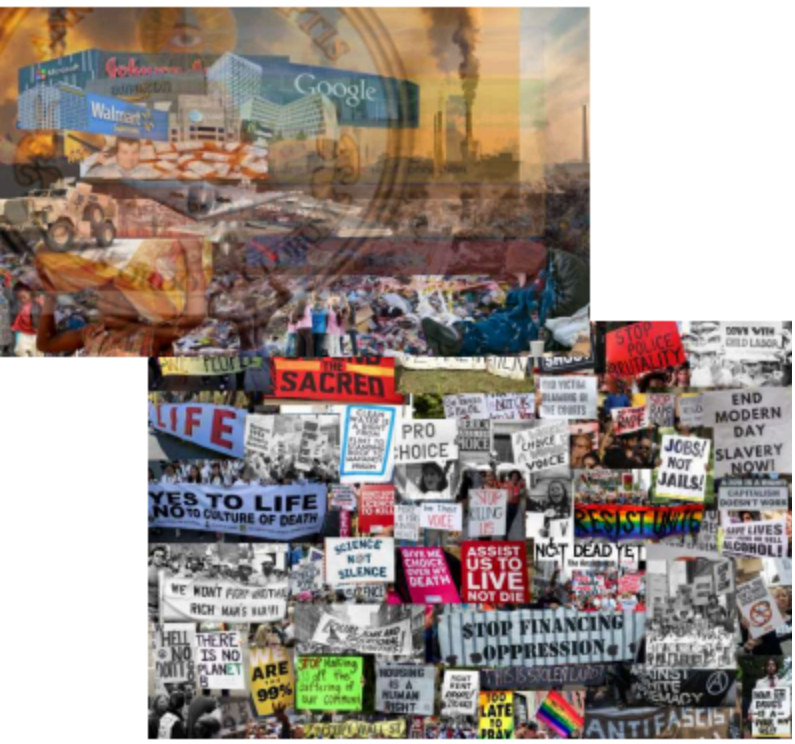
Richest countries

And where the average person falls in between/ analytical comparison to "safety and security needs: debt; financial, etc" (more magnitudes/spectrums)

v. Transcendence

1. Near the end of Marlowe life he contemplated another domain. Which I believe
2. Martin Luther king Jr talked on "if a man doesn't have something to die for
3. Group research on willingness to die for others
4. Revisit in conclusion [s.c.
5. Lead into social movements with MLK quote

C. Social Movement(s)



D. World Historic Declaration(s)

National Archives and Records Administration

Declaration of Independence: A Transcription

Magna Carta Translation

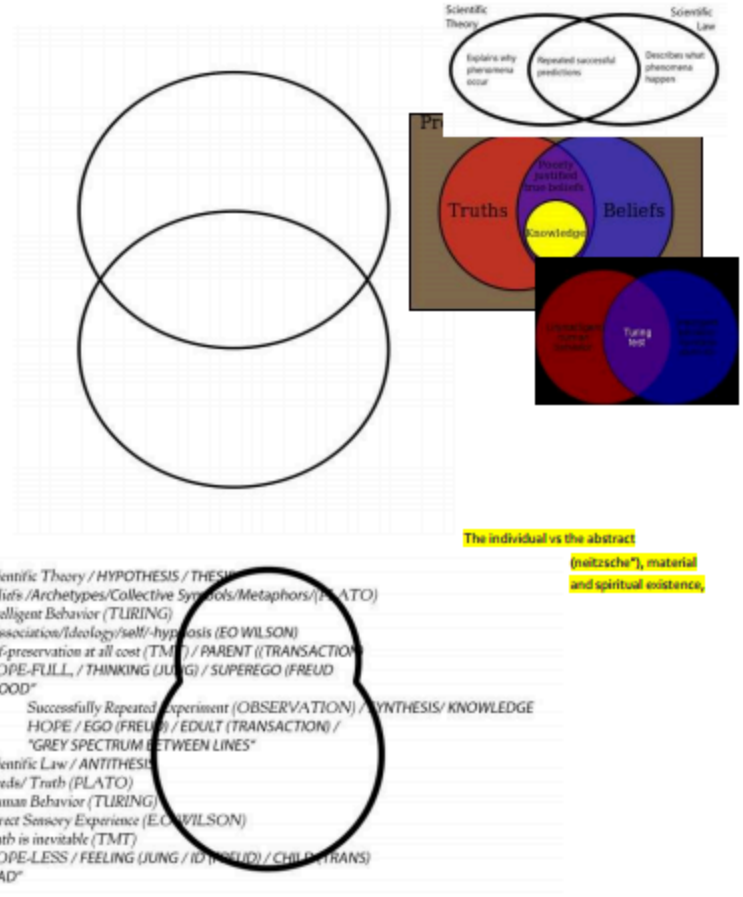
CONSTITUTION OF THE UNITED STATES

Declaration of the Rights of the Child, G.A. res. 1386 (XIV), 14 U.N. GAOR Supp. (No. 16) at 19, U.N. Doc. A/4354 (1959).

2. Question(s):

A. Why are we/they killing ourselves/ suicidal?
   i. H1: "Well if he ain't I don't need to." Cross level cognitive dissonance, peer influence. Why should I try if the world's going to burn up anyway.

B. Why is it hard to do something we know is good for us (apply all knowledge for good)

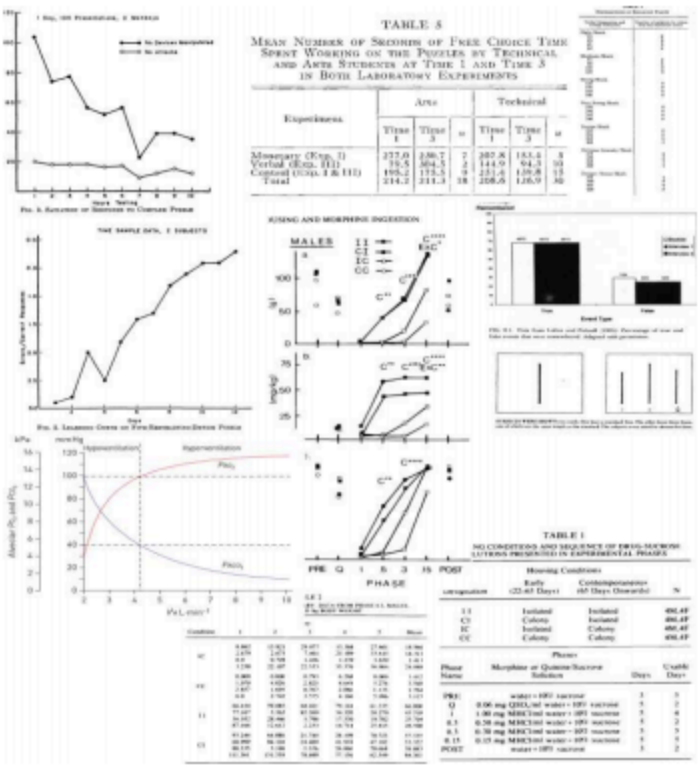


The individual vs the abstract

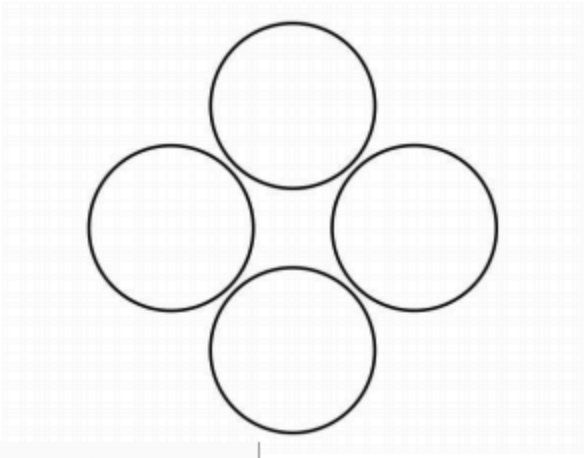
(neitzsche"), material and spiritual existence,

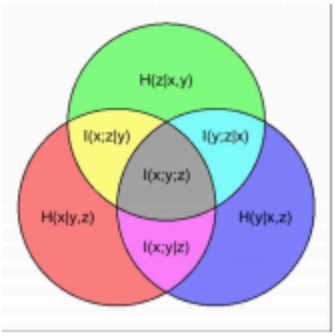
Scientific Theory / HYPOTHESIS / THESIS
Beliefs /Archetypes/Collective Symbols/Metaphors/(PLATO)
Intelligent Behavior (TURING)
Dissociation/Ideology/self/-hypnosis (EO WILSON)
self-preservation at all cost (TMT) / PARENT ((TRANSACTION)
HOPE-FULL, / THINKING (JUNG) / SUPEREGO (FREUD
"GOOD"
Successfully Repeated Experiment (OBSERVATION) / SYNTHESIS/ KNOWLEDGE
HOPE / EGO (FREUD) / EDULT (TRANSACTION) /
"GREY SPECTRUM BETWEEN LINES"
Scientific Law / ANTITHESIS
Needs/ Truth (PLATO)
Human Behavior (TURING)
Direct Sensory Experience (E.O. WILSON)
death is inevitable (TMT)
HOPE-LESS / FEELING (JUNG / ID (FREUD) / CHILD (TRANS)
"BAD"

3. Experiment(s)



4. Analysis





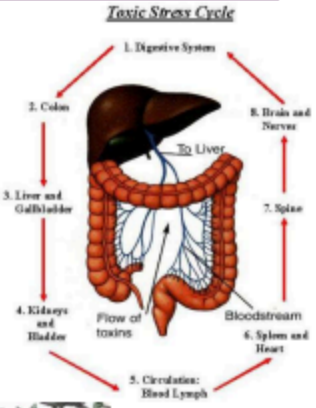
A. Biological

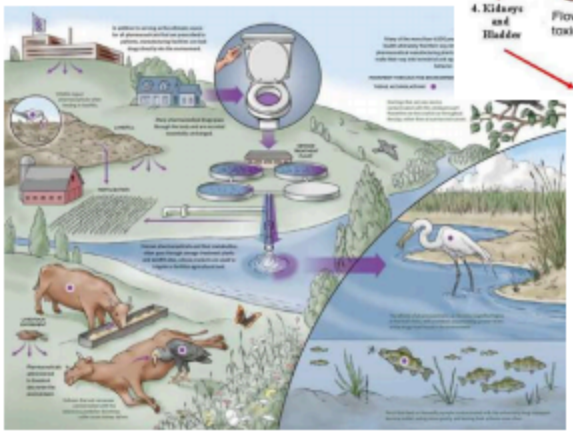
Conditions, air pollution water pollution

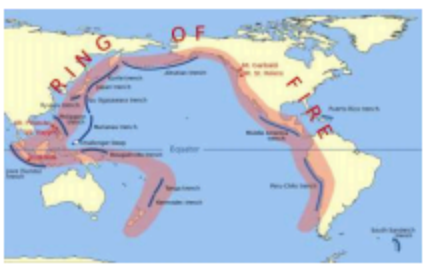
Breathing and Digestion

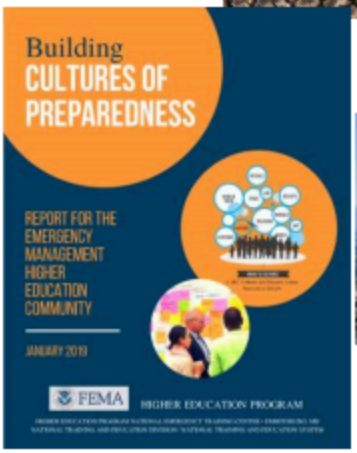
Affected by environmental contaminants

plastic is everywhere in air water and soil – plastic soup foundation

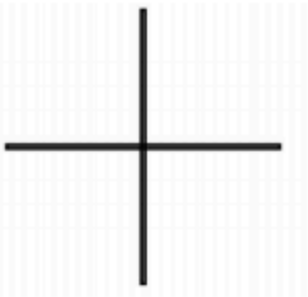


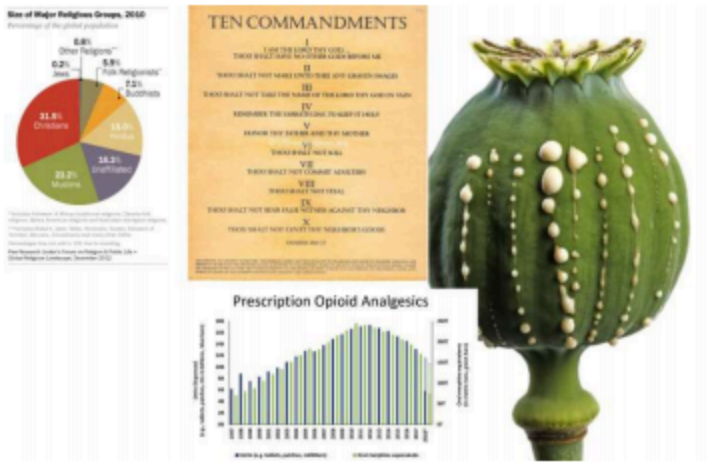






B. Psychological

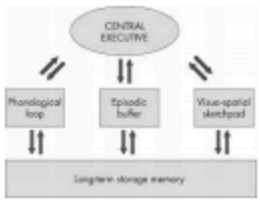


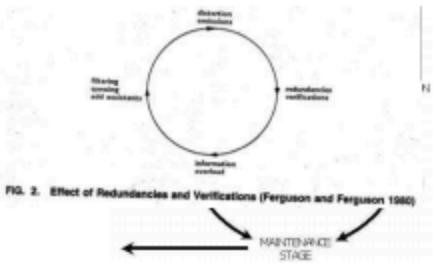


Add suicide onto this comp

Addiction to control as and superiority complex, "power" kazynsci

Formal processing failures experiments





DRUG CULTURE

Rainbow, cross, and yin yang

Add grief cycle and other cultures such as addiction or trans theoretical model of change, alchemical cycle, sociology internalization,

The systematic distortion of information on an internal psychological level and on group scales at a sociological level.

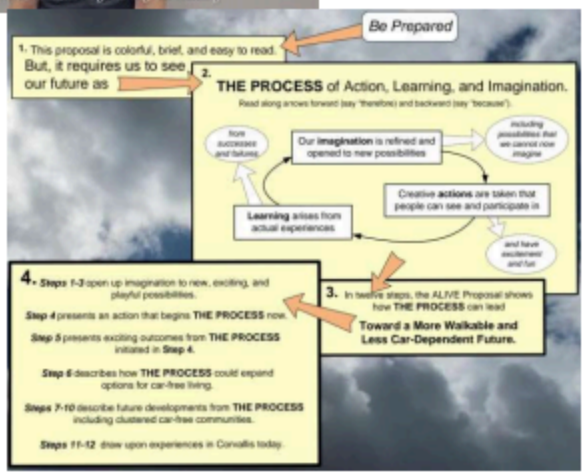
Planned format to follow:Biopsychosocial spiritual, and Bella for psych, Davis for social, Adams for

governmental/spiritual. And for biological??

C. Sociological

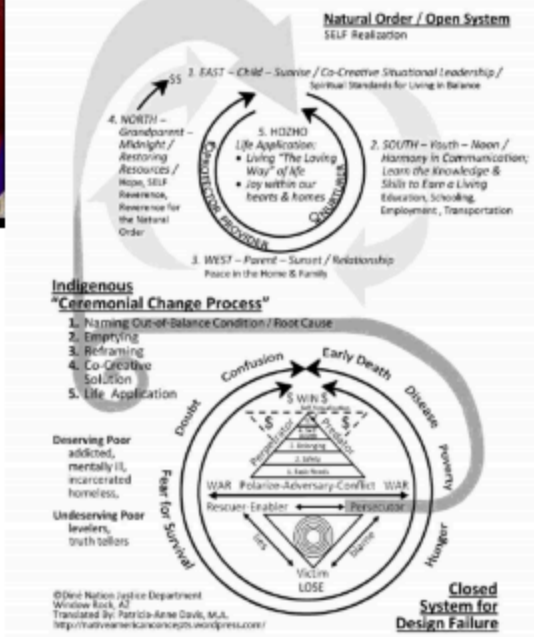
Big rainbow

Bronfenbrenner macro media culture influence on addiction statistics pork, violence etc



Include alive off as handout, along with the nature of language, ceremonial change process, synopsis on culture of war. All basic laws; recent math "The whole is greater than the parts", parallel the American logo, pluribus Unum, and the snake flag, add model layers brochure and timeline brochure, experiments as well.. to be added to simplest promo brochure

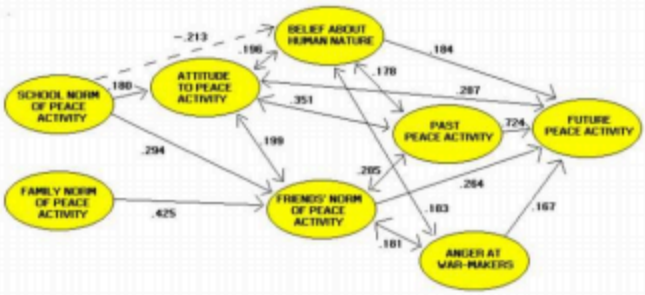
©Patricia Anne Davis, MA: www.nativeamericanconcepts.wordpress.com



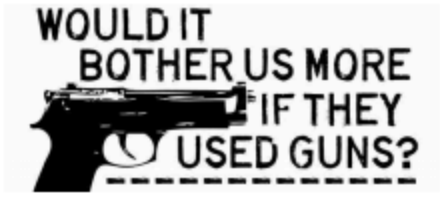
dited belief", "not enough life support for all"

D. Spiritual/ Political

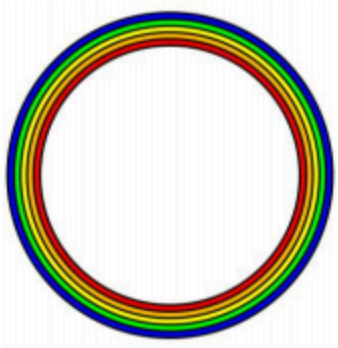
The Myth that War is Intrinsic to Human Nature Discourages Action for Peace by Young People	Table VI. The Structure of Peace Activity	Page 11

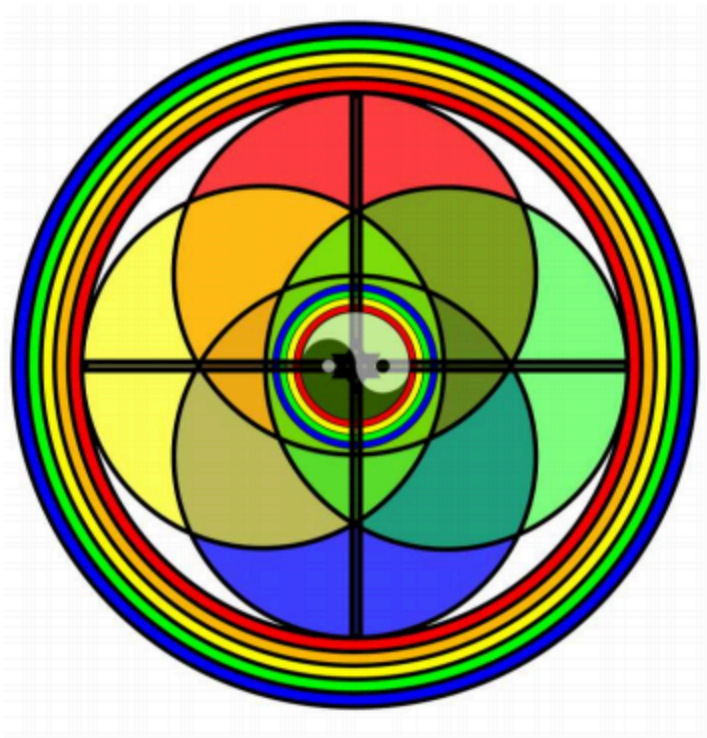


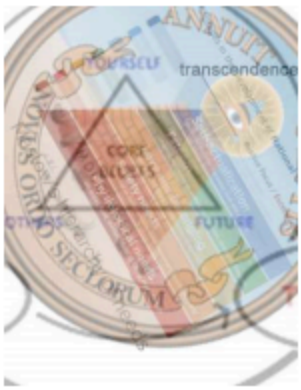
The Structure of Peace Activity. Partialed correlations among the major variables. All correlations shown were significant at P = .05 or less. All correlations were positive except for the negative correlation of school norm of peace activity with belief about human nature. School and family norms are treated as antecedent factors because family is not chosen by the subject and school was chosen well before the time of the study. Future activity is treated as a subsequent factor because it was measured one month later than the other variables.



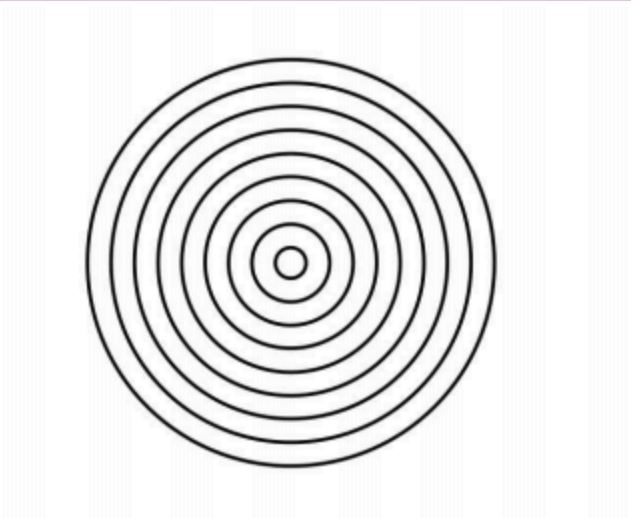
Lead the social movement page with this image? And ANSWER: "NO, THEY USE GUNS AND KILL THEMSELVES ALL THE TIME





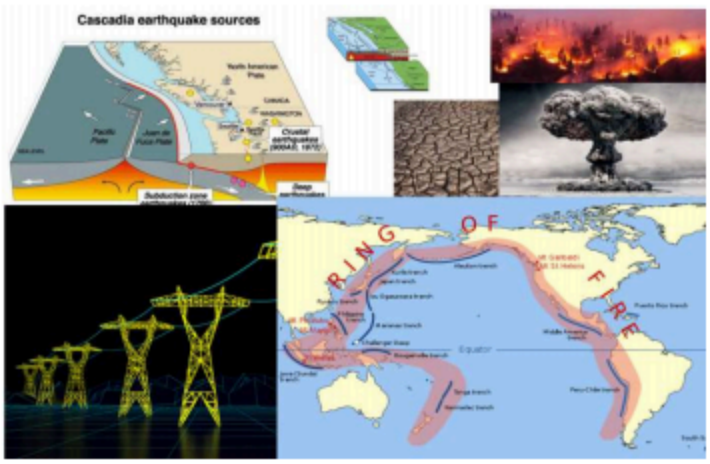


5. Conclusion



A. Formal Processing Needs, Beliefs and Barriers

Returning to the cave



Add whole eco city chapter

Include Swiss bunker constitution and follow with quote from be Skinner that neurosis is a product of the external conditions

Add Peter berg letters from Japan "one day the mayor of San Francisco will walk out onto the bridge to greet the salmon returning"

Other Peter berg quote on retraditionalizing man in "

Follow up with Buckminster fuller synchrtetics "The specializing of man"

Cc: collaborative/co/creative/celebration civilization

Breathing lesson related to fire lesson early or in analysis

Aardskip
"Earthship"

The ultimate off-grid house

By Ludwig and Retha Everson

The six principles of earthships

- Building with recycled materials
- Passive temperature control
- Generate own electricity

The six principles of earthships

- Harvest own water
- Contained sewage treatment
- Own food production

open source ecology

The
Global Village Construction Set (GVCS)

The GVCS is an open source platform of the 50 industrial machines that it takes to build a small civilization with modern comforts - from abundant natural resources. Each machine is designed for low cost without sacrificing performance. This is accomplished via a global effort of open collaboration.

Sectors:

Backhoe		Earth Brick Press	
John Deere 8H11	$12,692	Powell & Sons PGA-680-12	$52,500
OSE	$2,000	OSE	$4,000
Cost Savings	$10,692	Cost Savings	$48,500

Cold Saw		Tractor	
Jet Equipment 414227	$2,350	John Deere 4320	$29,700
OSE	$1,600	OSE	$6,000
Cost Savings	$750	Cost Savings	$23,700

Sawmill		Ironworker	
Mobile Manufacturing	$34,250	Edwards EDWW120-02	$20,926
OSE	$8,000	OSE	$6,500
Cost Savings	$26,250	Cost Savings	$14,426

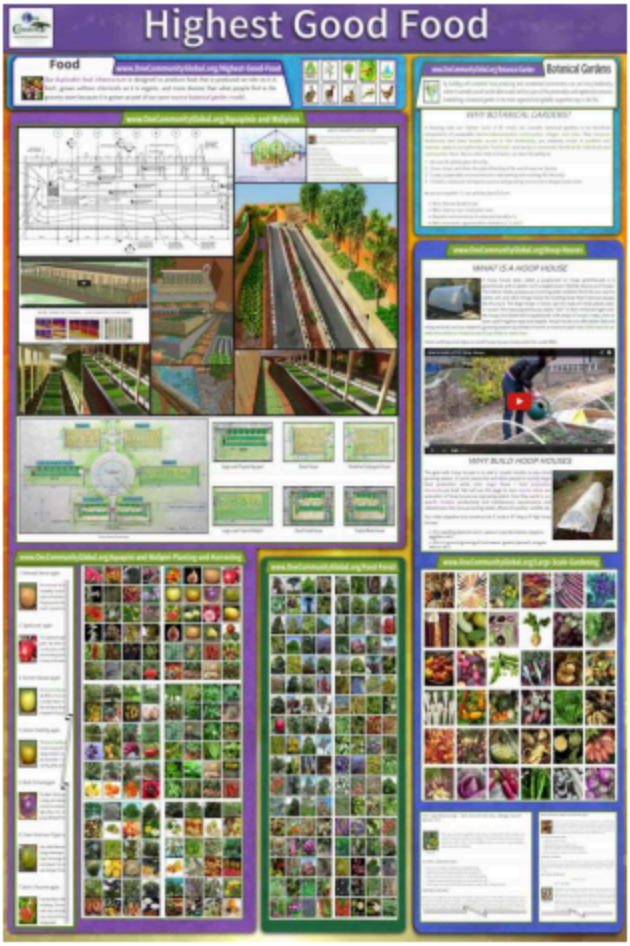
Everything Open Sourced

Everything One Community is creating is being open sourced specifically so others can easily replicate our designs or build their own creations using our designs for inspiration.

We're supporting this with video tutorials, web-based tutorials, and printable tutorials covering all aspects of design, construction, and maintenance. We're further supporting replication with ongoing FAQ updates, online problem-solving guides, and a database for sharing the implementations and evolutions of others. The complete open source sharing process covers the design and implementation of all structural details, plumbing, electrical, HVAC, equipment selection and installation, permitting, and more:

- Labor Investment and Experience Sharing
- Materials Costs and Acquisition Guides
- Tools and Equipment Needs Guides
- Licensing and Permitting Guides
- Control and Automation Systems
- Hydronic Systems Design
- Sustainable Energy Implementation
- LEED Platinum Eco-lighting
- Open Source Eco-kitchen
- Open Source Eco-laundry
- Natural Pool and Eco-spa
- DIY Pallet Furniture
- DIY Pipe Furniture
- Open source software for tracking, coordinating, and future collaboration on all of the above

View the Online Open Source Hub:
www.OneCommunityGlobal.org/Duplicable-City-Center



Add with ecosystem image in page after human (beyond human to system)

THE VENUS PROJECT

beyond politics poverty and war

The Venus Project is an organization which offers feasible plans for social change, plans that could attain a peaceful and sustainable global civilization.

PRESS KIT 2012

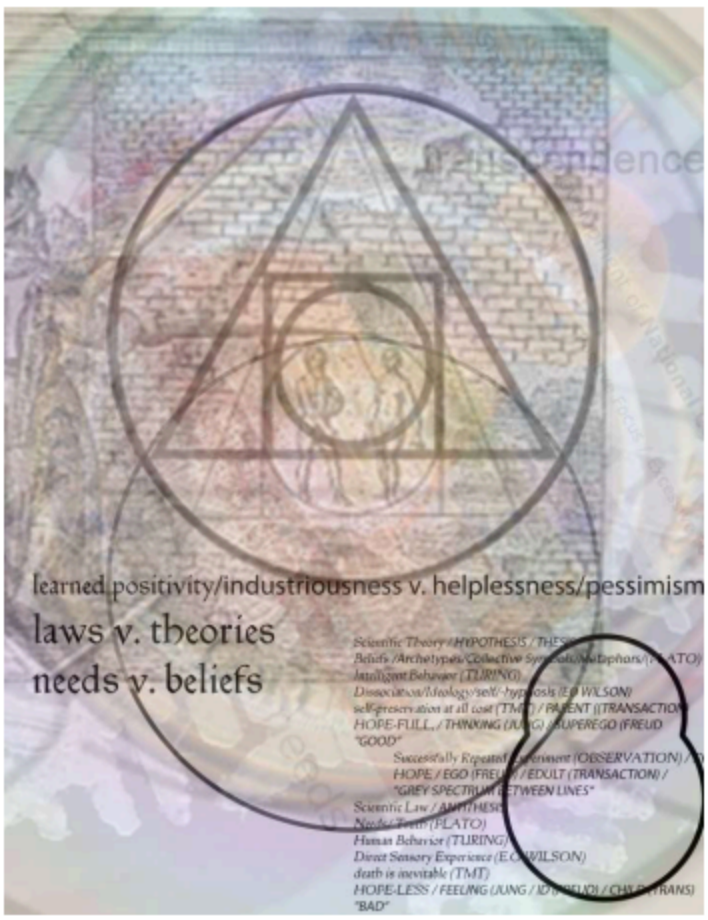
WWW.THEVENUSPROJECT.COM

B. Affirmation

C. Retraditionalization

Crisis, healing, meaning, modelling, social action, expansion (the poison that ruined a nation) cycle predicts conclusion titles (stats of war = crisis, healing = pseudo community framework, win-win mindset,

Family rehabilitation (whole earth family in order to resolve dissonance of your single-family rehab vs the majority of population with broken family.



Definitions

1. Anomie
2. Psuedocommunity
3. Coherence
    a. 1: the quality or state of cohering: such as
        i. a: systematic or logical connection or consistency
            1. The essay as a whole lacks coherence.
        ii. b: integration of diverse elements, relationships, or values
            1. "The various parts of this house—discrete in color, in shape, in placement—join together with remarkable coherence."— Paul Goldberger
    b. 2: the property of being coherent
        i. a plan that lacks coherence
    c. Dissonance Definition –
        i. 1a: lack of agreement
            1. the dissonance between the truth and what people want to believe
                a. especially : inconsistency between the beliefs one holds or between one's actions and one's beliefs
                b. — compare COGNITIVE DISSONANCE
        ii. b: an instance of such inconsistency or disagreement
            1. the mingling of bitter comedy and stark tragedy produces sharp dissonances— F. B. Millett
            2. 2: a mingling of sounds that strike the ear harshly : a mingling of discordant sounds
    d. especially, music : a clashing or unresolved musical interval or chord
4. Confabulation
    a. a symptom of various memory disorders in which made-up stories fill in any gaps in memory.
5. Definition of Inverse and Affirmative Thinking Systems - https://nativeamericanconcepts.wordpress.com/2011/07/11/definition-of-inverse-an-affirmative-thinking-systems/
    a. Win-Lose is No-Win for everyone: scarcity model – limited resources & inequity in resource allocation
        i. Context: Eurocentric Dualistic – Eurocentric is hierarchy & patriarchy. Dualistic is double-bind#, mutually exclusive and mutually incongruent message
    b. I. DEFICIENT SELF-IMAGE IN INVERSE THINKING SYSTEM:
        i. requires remediation process to some ideal end state
        ii. Destructive & death-producing choices
    c. Consciousness# –> perception –> reality is relative –> conflict –> fighting for rights –> NO spiritual morality
        i. Sub-#
            1. polarize
        ii. Un-#
            1. adversary
    d. WAR & religion from Perception
    e. *A reframe process is out of the Inverse thinking system into the Affirmative thinking system*
        i. Win-Win: abundant living – equity in resource allocation
            1. Context: Indigenous holographic holistic in natural order

f. II. PRECIOUS CHILD OF THE CREATOR IN THE AFFIRMATIVE THINKING SYSTEM
   i. Constructive & life-affirming choices
   ii. Conscience – Indigenous – reality is exact in natural order – group consensus – spiritual morality
   iii. Wisdom & Knowledge
6. Luxury Beliefs
7. Defense Mechanism
8. Evil Eye -
   a. he evil eye is a curse or legend believed to be cast by a malevolent glare, usually given to a person when one is unaware. Many cultures believe that receiving the evil eye will cause misfortune or injury,
9. Biological defense may refer to:
   a. Biological defense mechanism, a form of adaptation that promotes the survivability of an organism by protecting it from its natural enemies, such as predators (Anti-predator adaptation) or pathogens (immune system)
10. Spiritual – "are we ready for a true biopsychosocio-spiritual model?"
    a. **the search for ultimate meaning, purpose and significance, in relation to oneself, family, others, community, nature, and the sacred, expressed through beliefs, values, traditions and practices**
       i. Improving the spiritual dimension of whole person care: reaching national and international consensus. Puchalski CM, Vitillo R, Hull SK, Reller N J Palliat Med. 2014 Jun; 17(6):642-56.
11. Lateralization of brain function (Wikipedia)
    a. Left brain
       i. Language
          1. Broca's area (left front lobe)
    b. Right Brain
       i. Damage or lesions to the right hemisphere can result in a
       ii. lack of emotional prosody or intonation when speaking. Right hemisphere damage also has grave effects on
       iii. understanding discourse. People with damage to the right hemisphere have
       iv. a reduced ability to generate inferences,
       v. comprehend and produce main concepts, and
       vi. a reduced ability to manage alternative meanings. Furthermore, people with right hemisphere damage
       vii. often exhibit discourse that is abrupt and perfunctory or verbose and excessive. They can also have
       viii. pragmatic deficits in situations of turn taking, topic maintenance and shared knowledge.
    c. Left Brain
       i. Lateral brain damage can also affect
       ii. visual perceptual spatial resolution. People with left hemisphere damage
       iii. may have impaired perception of high resolution, or detailed, aspects of an image. People with right hemisphere damage
       iv. may have impaired perception of low resolution, or big picture, aspects of an image.
    d. Value Systems
       i. Rather than just being a series of places where different brain modules occur, there are running similarities in the kind of function seen in each side, for instance how right-side impairment of drawing ability making patients draw the parts of the subject matter with wholly incoherent relationships, or where the kind of left-side damage seen in language impairment not damaging the patient's ability to catch the significance of intonation in speech.[10] This has led British psychiatrist Iain McGilchrist to say that the two hemispheres as having different value systems, where the left hemisphere tends to reduce complex matters such as ethics to rules and measures, where the right hemisphere is disposed to the holistic and metaphorical.[11]

Google Search Results for "Conscious Culture":

1. FEMA, Federal Emergency Management Agency
   i. Guiding Principles – shared risk-conscious culture
      1. **A shared risk-conscious culture is aware of the fact that the future is not free of risks.**
      2. **Community leaders evaluate a wide variety of threats and hazards in order to assess risk.**
      3. **Through a shared risk-conscious culture a community can achieve resilience.**
   ii. 2019 Cultures of preparedness
      1. **Guiding Principle 1: Trust**
      2. **Textbox: Building Trust and Communicating across Cultures (pg. 16)**
      3. **Best Practice: Lavender Seniors of the East Bay (LGBTQ Community)**
      4. **Textbox: Historical Trauma: Trust Issues that may be Hidden to Newcomers p.17**
   iii. National Mitigation Framework
   iv. **P. 7,16,17**
      1. **14% saw preparedness as a Part of Life and were more likely to have started preparing or have been prepared for an extended period of time.**
      2. 21% were Working on It and have taken some preparedness actions but perceived low levels of risk.
      3. **18% said preparedness was On Their Mind and perceived themselves to be at high risk, but were unlikely to act on fear and take preparedness actions, and**
      4. **46% said preparedness was Not on Their Radar (FEMA, 2014)**
2. The Fourth Tenet
   i. **Culture is a powerful but invisible force, and we must deal with it very consciously.**
   ii. "Culture is the biggest coercive persuader in society; if you do not conform to cultural
1. 4 Stages of Consciousness Culture
   a. **Unconscious unintentional culture**
   b. **Intentional learning and understanding**
   c. **Conscious culture**
   d. **Intentional review, reinforcement and adaption**
      (Likened to scientific method/peer review)
2. Conscious Culture – Conscious Capitalism
   a. **A Conscious Culture fosters love and care and builds trust between a company's team members and its other stakeholders. Conscious Culture also includes accountability, transparency, integrity, loyalty, egalitarianism, fairness, and personal growth, acting as an energizing and unifying force that truly brings a conscious business to life.**
3. Creating conscious culture through conscious leadership
   a. **Inclusion. Trust. Belonging. Going beyond perks to focus on purpose**
4. Crafting a Conscious Culture
   a. **39% of Millennials take a look at [a review of what an organization's cause is] prior to [a job] interview. During the interview,**
   b. **55% were influenced to take the job. [if cause work is discussed]**
   c. **What does this have to do with a profit-making organization? This simple quote sums it up well: "I took the position here because if a company cares that much about outside causes, then I know they are invested in treating me right as an employee."**
   d. culture is the values, principles, and practices of an organization. But what enlivens a culture are the conscious actions. Consciousness is embodied in the way individuals care for each other and build trust between each other. A conscious culture is a true reflection of how individuals act within the four walls and outside the four walls of an organization
5. How to build a conscious culture in your organization
   a. A strong, healthy – conscious – culture can develop a competitive edge that is hard for others to copy. It will not only maximize the chances of successfully and sustainably meeting the strategy, it will also foster trust-based relationships with stakeholders. It will create engagement. It will make the organization resilient and agile to adapt to changing needs in the environment, and attractive to top talent
6. Conscious culture and leadership mezzanine
   a. **The old model for employee engagement rested mostly on extrinsic motivators – like money, bonuses, benefits and titles. Today, it's been proven that people are more motivated by intrinsic value and meaning in their work.**
7. The 4 Principles of Conscious Capitalism
   a. **If you had a chance to implement a system that would bring in 10 times more profit, would your firs thought be about what you'd have to give up to do so?**
   b. **The truth is that by doing business the right way -- being truly authentic, sticking wholeheartedly to your ethics and morals, and caring more about your customers and employees than your shareholders -- you can achieve that gain without losing your soul.**
   c. **A values-based culture is one that is intentional about how people act and perform. When a culture is not defined and enforced, your people aren't all moving in the same direction**
8. Conscious Culture in our distribution center
   a. **What's a conscious culture? It's one that's built on values and principles that serve as the guidelines for every decision that employees make. This allows them to feel safe and secure and work together day in and day out toward the same common goals for our business.**
9. Conscious Culture – first steps family farm and blog
   a. **Choice is certainly empowering and requires responsibility to use it for the good. The power of choice modern humans face on a daily basis demands a degree of consciousness that was not as necessary for our ancestors. In the old world, culture was generally geographically limited, and social structures were more rigid. People had customs, wisdoms and traditions that were handed down to them, which dictated to a great extent how they conducted their affairs. In many cases, these customs were culturally enriching, and protected people from making bad life's choices, but sometimes had the opposite effect. The task at hand for our generation is to carefully scrutinize these customs and historical knowledge, keep those that help us, leave behind those that don't, and even create new ones that take us to a new level of human flourishing.**
   b. **The task of the consciously cultured individual is to gracefully steer this social transition toward richer lifestyles and stronger communal bonds between people that ultimately result in true human flourishing.**
   c. **The consequences of science and technology can be roughly placed into two groupings:**
      a. **They give power to know and do things we couldn't know or do before. This can be used for both good and bad purposes.**
      b. **Because of this new knowledge and power, they tend to replace previous social structures which they render obsolete.**
   d. **Here are a few examples from various cultural categories to illustrate:**
      a. **Music [/media/art]**
         d.a.i. makes it possible to expose ourselves to music that glorifies sub-optimal lifestyles
         d.a.ii. The sheer accessibility of recorded music reduces the incentive for people to make music themselves
         d.a.iii. [Most all productions come from the privileged world that relies on and subliminally advertises egotistical domination and exploitation in some form, few to none popular sources encourage people to become aware of and change the 3rd world exploitation]
      b. **Farming**
         d.b.i. Agricultural knowledge and technologies make it possible to farm in ways that don't enhance our common earthly home.
         d.b.ii. Because it takes so few farmers to feed society, most people grow up disconnected from the process of growing their food.
            d.b.ii.1. [More people are distanced and subsequently vulnerable to effectively surviving an emergency or long-term disaster]
      c. **Eating [... Breathing, drinking,]**
         d.c.i. It is now very easy for anyone to consume foods with ingredients they cannot pronounce, and which aren't good for their bodies.
         d.c.ii. It tends to discourage people from making food for themselves in their own homes, and sharing their creation with friends and family.
   e. **The bottom line:**
      1. **Take a positive approach rather than negative. Technology has amazing power for both good and evil, and it's up to us to choose and use them wisely. Complaining takes energy, and generally doesn't accomplish much, so be like Gandhi and "Be the change you want to see in the world."**
      2. **Always try to see the unintended consequences, and figure out how we can use our modern advantage to steer clear of them.**
      3. **Understand that we are part of a big story, and the story unfolds in our own lives every single day. The more we are aware of our won history, and where we came from, and why, we can be better oriented moving this great story forward.**
      4. **Everything you do matters! We are all part of this story, whether we want to or not, and the choices we make every single day determine the culture we live in. "Culture" is nothing other than a word to describe the ways that people have chosen to live their lives. The way we live our lives defines our culture.**
      5. **Although it is completely necessary to look to the past to learn from our predecessors, we shouldn't want to recreate the past. History is dynamic, and it is just unrealistic to try to freeze it in time. We should take what is worth keeping, leave the rest, and be ready for the fact that even those same values might take a different twist in a modern world. For example, we can expect to see cultural customs being determined less on a locality basis, and more on a household basis. Different families are going to draw from different cultural heritages, and within any given city, there will be households celebrating the very same holiday in different ways. Our task is to take these differences, learn from them, weave them together into many beautiful harmonies, appreciate both our differences and common values, and still continue to form strong local bonds with our neighbors in spite of cultural differences.**

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        i. a. providing systems to alert the population;
        ii. b. providing the IT systems of the protection & support service;
        iii. c. procuring equipment and material for protective premises;
        iv. d. procuring standardised material for the protection & support service.

    b. Article 45 Principle, Each resident shall have the right to a place in a protective shelter near to his or her home.
    c. Article 46 Obligation to construct
        i. 1 When building houses, homes and hospitals, the property owner shall be obliged to provide, equip and
        ii. maintain shelters.
        iii. 2 Municipalities must provide equipped public shelters in areas with insufficient number of protected places.
        iv. 3 The cantons may oblige property owners and owners of immovable and movable cultural property to under-take or accept building measures to protect said property.
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            1. Ignore or deny
            2. Justify
            3. Justify by adding new cognitions
            4. Change the behavior
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    z. INVENTION SECRECY ACT - Public Laws ENACTED DURING THE SECOND SESSION OF THE EIGHTY-SECOND CONGRESS OF THE UNITED STATES OF AMERICA. Public Law 256 CHAPTER 4 AN ACT To provide for the withholding of certain patents that might be detrimental to the national security, and for other purposes. Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That whenever publication or disclosure by the grant of a patent on an invention in which the Government has- a property interest might, in the opinion of the head of the interested Government agency, be detrimental to the national security, the Secretary of Commerce upon being so notified shall order that the invention be kept secret and shall withhold the grant of a patent therefor under the conditions set forth hereinafter.
    aa. PATRIOT ACT - H. R. 3162 One Hundred Seventh Congress of the United States of America AT THE FIRST SESSION Begun and held at the City of Washington on Wednesday, the third day of January, two thousand and one An Act To deter and punish terrorist acts in the United States and around the world, to enhance law enforcement investigatory tools, and for other purposes. Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, SECTION 1. SHORT TITLE AND TABLE OF CONTENTS. (a) SHORT TITLE.—This Act may be cited as the "Uniting and Strengthening America by Providing Appropriate Tools Required to Intercept and Obstruct Terrorism (USA PATRIOT ACT) Act of 2001"
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            a.

eyes	10,000,000
skin	1,000,000
ears	100,000
smell	100,000
taste	1,000

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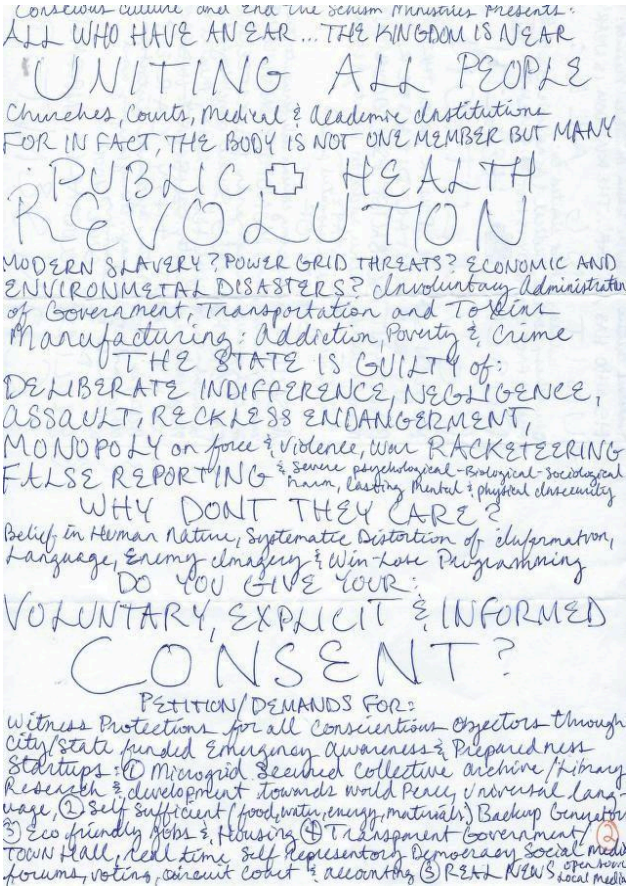


Conscious Culture and End the Schism Ministries presents:

ALL WHO HAVE AN EAR... THE KINGDOM IS NEAR

UNITING ALL PEOPLE

Churches, Courts, Medical & Academic Institutions

FOR IN FACT, THE BODY IS NOT ONE MEMBER BUT MANY

PUBLIC HEALTH REVOLUTION

MODERN SLAVERY? POWER GRID THREATS? ECONOMIC AND ENVIRONMETAL DISASTERS? Involuntary Administration of Government, Transportation and Toxins, Manufacturing: Addiction, Poverty & Crime

THE STATE IS GUILTY of:

DELIBERATE INDIFFERENCE, NEGLIGENCE, ASSAULT, RECKLESS ENDANGERMENT, MONOPOLY on force & violence, war RACKETEERING FALSE REPORTING & severe psychological-Biological-Sociological harm, causing Mental & physical insecurity

WHY DONT THEY CARE?

Belief in Human Nature, Systematic Distortion of information, Language, Enemy imagery & Win-Lose Psychothinking

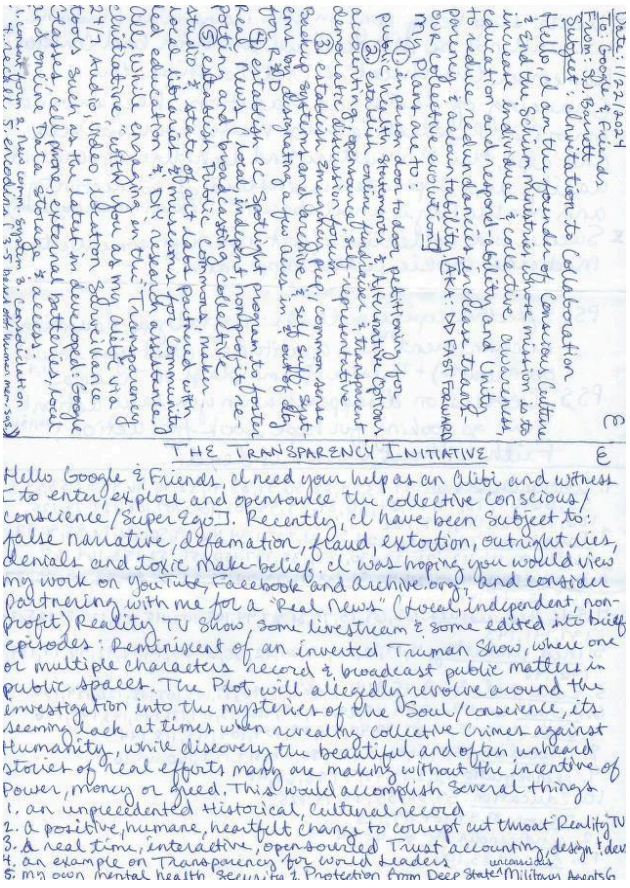
DO YOU GIVE YOUR:

VOLUNTARY, EXPLICIT & INFORMED

CONSENT?

PETITION/DEMANDS FOR:

Witness Protections for all Conscientious Objectors through City/State funded Emergency Awareness & Prepared ness Startups: ① Microgrid Secured Collective archive/library Research & development towards world Peace, Universal Language, ② Self Sufficient (food, water, energy, materials) Backup Generation ③ Eco friendly Jobs & Housing ④ Transparent Government/ TOWN HALL, real time, Self Representory Democracy Social media forums, voting, circuit court & accounting ⑤ REAL NEWS & open source social media



Date: 11/22/2024
To: Google & Friends
From: SJ Barrett
Subject: Invitation to Collaboration

Hello, I am the founder of Conscious Culture & End the Schism Ministries whose mission is to increase individual & collective awareness, education and response-ability and Unity to reduce redundancy, reclaim transparency & accountability (aka: DO FAST FORWARD OUR Collective evolution)

My Plan are to:

① in person door to door petitioning for public wealth statements & alternative options
② establish online petitions & transparent discussion, open source funding & self representative democracy
③ establish emergency prep, common sense cooking systems and archive & self sufficient ecosystems by designating a few acres in each county for R&D
④ establish CC spotlight program to foster local, independent, non-profit news (local indepth broadcasting & collective storytelling) & archive & self sufficient ecosystems by designating a few acres in each county for R&D
⑤ establish public commons, maker spaces, such as tool libraries, partnered with local libraries & museums for community education & DIY, research assistance
⑥ establish emergency & disaster relief, while engaging in true transparency & accountability via 24/7 Audio, Video, location streaming of events such as: cell phone, external batteries, hotel and online Data storage & access.

1. Consent & Non-Consent: Explain in 3-5 basic definitions
2. Reddit 5: encoding

THE TRANSPARENCY INITIATIVE

Hello Google & Friends, I need your help as an Alibi and witness to enter, explore and open source the collective conscious/conscience/Super Ego. Recently, I have been subject to: false narrative, defamation, fraud, extortion, outright lies, denials and toxic make-belief. I was hoping you would view my work on YouTube, Facebook and archive.org, and consider partnering with me for a "Real News" (local, independent, non-profit) Reality TV Show, some livestream & some edited into brief episodes: Reminiscent of an inverted Truman Show, where one or multiple characters record & broadcast public matters in public spaces. The Plot will allegedly revolve around the investigation into the mysteries of the Soul/conscience, its seeming lack at times when revealing collective crimes against Humanity, while discovery the beautiful and often unheard stories of real efforts many are making without the incentive of Power, money or greed. This would accomplish several things:

1. an unprecedented historical, Cultural record
2. A positive, humane, heartfelt change to corrupt cut throat Reality TV
3. A real time, interactive, open sourced Trust accounting design & dev
4. an example on Transparency for world leaders unconscious
5. my own mental health Security & Protection from Deep State/Military Agents/G

MASTERS DOCTORAL PHD BIG GREATNESS ACHIEVMENTS AND LETTERS BEFORE TO EARN YOUR TRUST

Subatomic Quarks and Perspective

WPS Office

As far as I'm concerned, or knowledgable of, there exist subatomic particles that make up each electron, neutron and proton. These are called divided into 6 up, down, charm, strange, bottom top

Now consider this

If you observe a clock rotating in typical clockwise fashion, to the right, for every second ticking. If you observe this from above, the clock is laying flat on the table, ready to be hung up on the wall

But it's a see through clock, and so is the table

If you look at the same thing from under the table, it looks different

If you look at it from a perfectly level view it will change yet again, into a 2 dimensional line

In 6 directions, you can get 6 different perspectives

4 directions level

One above one below

(sorry I have no money or audience to incentivise this any further)

Yours Truly, SJ Barrett

archive.org/details/@endtheschism , EMAIL shesha.united@gmail.com , PHONE 5417606586 , www.facebook.com/consciencculture , archive.org/details/@sjb177 , archive.org/details/@s_j_barrett , archive.org/details/@spencer_barrett

CATEGORICALLY FALSE HATE SPEECH & VICE VERSA

Your claim of Hate speech is categorically False given:

1. My sole purpose and advertisement has been to offer collaboration services in anyway possible to any and all groups on earth [REFERENCE "END THE SCHISM MINISTRIES (www.archive.org/details/@endtheschism) est. 2023, a part of Conscious Culture est. 2017"].
2. You have throttled my own ability to collaborate by your false language interpretation/translation and projection of your own inner evil racist society, hatred and disbelief in world peace.
3. You, who do not believe in world peace (as evidenced by your current cities operating structure and holistic footprint).
4. You, who do not see life as love,
5. You who work to separate but then project it onto me your racist, classist and fascist authoritarian society.
6. My thoughts are not yours, I am a willing and grateful servant, you are the racists/classists caste system I am working to demolish.
7. By your persistent secrecy and ignorance. You are the True Hate Criminal restricting
   a. a) self representation and communication, further restricting opportunities for
      i. i) understanding,
      ii. ii) knowledge and
      iii. iii) cooperation via education
   b. You operate under "out of sight out of mind", I am telling you to see and to collaborate with simple fun projects to create self sufficient micro communities no longer under the overbearing eye of evil/ Sauron / CIA / conflict-interest-governments/disbelievers

Rule 1

Remember the human. I am here to initiate a conversation on *creating community and belonging*, not for attacking marginalized or vulnerable groups of people.

Everyone has a right to use Reddit free of harassment, bullying, and threats of violence. Communities and users that incite violence or that

- *promote hate based on identity or vulnerability*
  - (this is the Origin of the Justice System, to *demolish* some identities and vulnerabilities (but where is the publics consensus? The consent??? Oh yeah, it's hidden behind the lack of free speech))
  - Reddit is filled with fake accounts, bots, paid government actors, detractors and anonymous trolls, there is no real community or belonging, it only exists in your head. In the real world, you can see, there is no real community or belonging (in the 1st world countries they rely on goods made by other real communities in countries with much less) . Your very society has been breaking Rule 1 since it's inception, by its very definition - the aggregate of people living together in a more or less ordered community.
    - A society can be diagnosed as authentic, pseudo, chaotic or emptiness by a simple 2d (4 quadrant) analysis

VICE VERSA

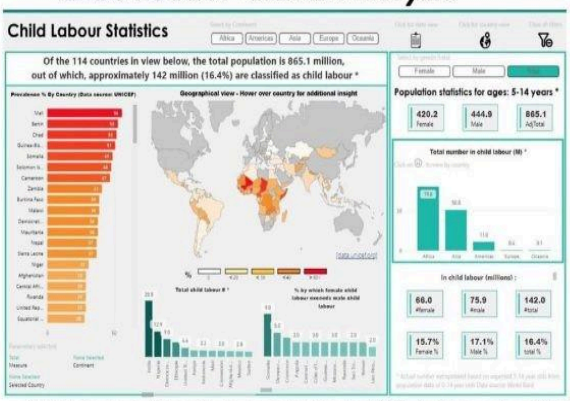
WHERE FOR pretend, like your society and government do. That you are using peaceful speech. Is a complete and utter lie. There is very little evidence of peace in the current colonist history books, even after their mass editing and falsification. They are always operating under their own selfish interests towards acquiring more territory and resources at the expense of the other parties (mother earth and all her future children) .

WHERE AS, although your tone might sound beautiful, or pleasant. It's filled with lies. Although you have the art of performance and stage magic, we will not fall for your false love. You politicians have failed the public time and time again. Your words may be crafted in a certain form, but you do not actually work for world peace. You neglect the world with every breath you take.

WHERE AS, YOU claim I am a hate speech artist, I would like to say my behavior and attempts have been well made, in a variety of forms. To point out that: it is not me, but YOU who are the true hate speech artist if you are not collaborating with me towards world peace, you are showing your own hatred, bias, bigotry, and intolerance.

BY YOUR PARTICIPATION IN A GLOBALIST AND SLAVE BASED ECONOMY, A PYRAMID OF WAR BUSINESS SCHEME THAT CREATES THE SUPPLY AND DEMAND FOR CHILD SEX SLAVES

Child Labour Global Analysis



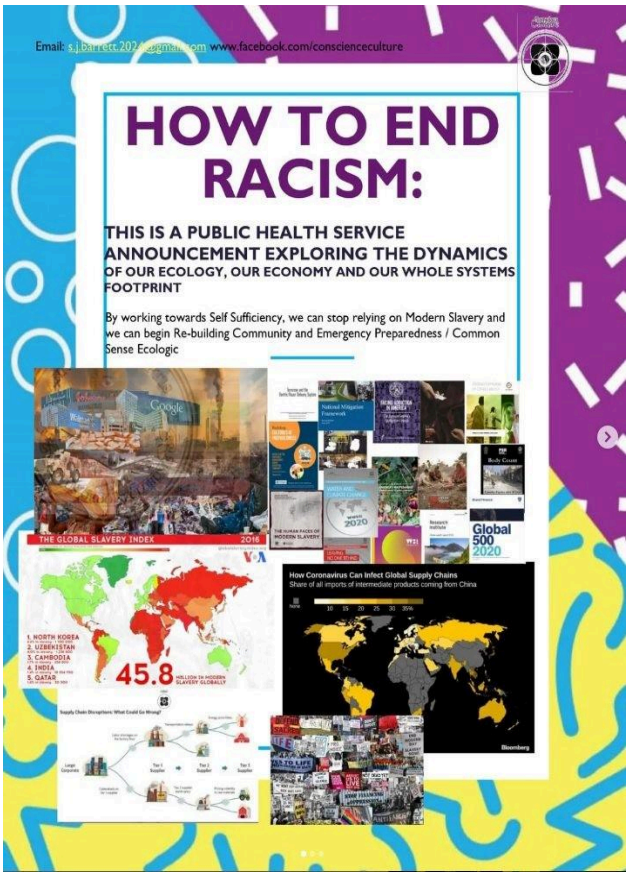
I. Child labor is not a negligible social phenomenon in **China**; about 7.74% of children aged from 10 to 15 were working in 2010, and they worked for 6.75 hours per day on average, and spent 6.42 hours less per day on study than other children.

II. Children in **Russia** are found in the worst forms of child labor, including in work on the street and in commercial sexual exploitation.(3a-5a) 3a. U.S. Department of State. "Russia," in Country Reports on Human Rights Practices2011. Washington, DC; May 24, 2012; http://www.state.gov/j/drl/rls/hrrpt/humanrightsreport/index.htm#wrapper. 4a. U.S. Embassy- Moscow. reporting, January 31, 2013. 5a. U.S. Department of State. "Russia," in Country Reports on Human Rights Practices2012. Washington, DC; April 19, 2013; http://www.state.gov/j/drl/rls/hrrpt/humanrightsreport/#wrapper

III. About 8.3 million **U.S.** workers in 2022 were unauthorized immigrants, an increase from 7.4 million in 2019. The 2022 number is essentially the same as previous highs in 2008 and 2011. https://www.pewresearch.org/short-reads/2024/07/22/what-we-know-about-unauthorized-immigrants-living-in-the-us

IV. Held Hostage by **Coyote Canada** - Undocumented workers are also vulnerable to forced labor in US agriculture. These workers, the vast majority of whom are from Latin America, are typically smuggled or trafficked over the border with Mexico by coyotes, who are in some cases also their labor brokers or employers. Because of their undocumented status, these workers are by nature vulnerable to abusive labor practices and forced labor. In some egregious cases, coyotes hold workers hostage either until their families pay additional money or until they provide a certain amount of labor. https://verite.org/wp-content/uploads/2016/11/HELP-WANTED_A-Verit%C3%A9-Report_Migrant-Workers-in-the-United-States.pdf

a. COW-WARD [not Woodward] *(spirituality/Jungian dreams not sexuality/Freudian frauds)* ***(to India!)***



Mandate City-Level Development of Emergency Backup Systems

Why this petition matters

As a concerned citizen, I am deeply troubled by our reliance on the global supply chain for basic necessities. This dependence not only exposes us to potential contamination and disease (as witnessed during the COVID-19 outbreak) but also supports unethical labor practices in countries where modern slavery is prevalent. Our current system fails to protect us during emergencies such as disease outbreaks or blackouts, leaving many vulnerable and without access to essential resources like water, heating, food, clothing, and shelter.

To address this issue, we must require our city to research, develop and maintain self-sufficient backup systems(1,2) that can meet citizens' basic needs during major disasters without compromising our local environment or health. These systems should be designed with the capacity to function independently of external aid or resources.

According to the United Nations Office for Disaster Risk Reduction (UNDRR), cities that invest in disaster risk reduction measures can prevent significant losses both in terms of lives and infrastructure (UNDRR Report 2019). Moreover, a study published by the National Bureau of Economic Research indicates that increasing local self-sufficiency can reduce vulnerability to global supply chain disruptions (NBER Working Paper No. 27439).

By mandating these changes at a city level we are not only safeguarding our community against future crises but also taking an ethical stand against exploitative labor practices abroad.

Please sign this petition urging our city officials to prioritize local self-sufficiency through the development of emergency backup systems.

Thank you for your consideration.

(1) self-suf-fi-cient, adjective; needing no outside help in satisfying one's basic needs, especially with regard to the production of food

(2) backup systems include but are not limited to: clean water, food, shelters and essential tool production and delivery systems not reliant on electrical or petroleum powered mechanisms. Some possibilities include but are not limited to harvesting natural gasses from waste systems and incorporating gravity plumbing wherever possible.

View more content created by Petitioner Spencer Joseph Barrett:

Youtube channel: S.J. Barrett
https://youtube.com/@spencerduhbarrett

Facebook page: Conscience Culture

Facebook page: CascadiaNow Corvallis

Facebook page: replay media productions
www.archive.org/details/@endtheschism
www.archive.org/details/@sjb177

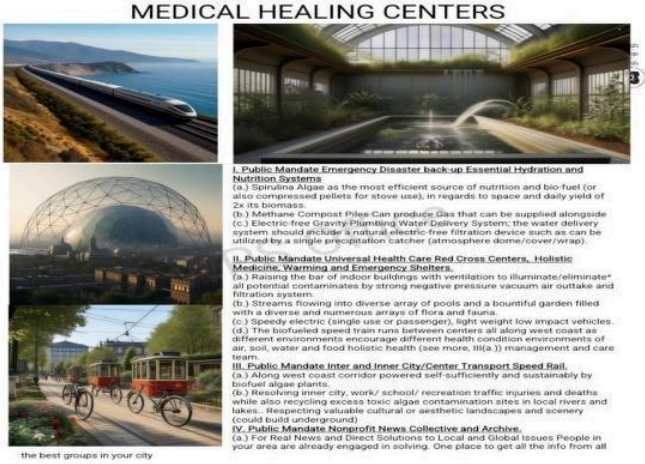
(image from: https://www.netsuite.com/portal/resource/articles/erp/handle-supply-chain-disruptions.shtml?fbclid=IwAR3-eiymJ5zz2WXMglxc96gMODdCrThVMiaH7gArBUroPyFmIs8JWnioX5o

(image from: https://www.weforum.org/agenda/2020/04/supply-chains-resilient-covid-19/)

2

9

PUBLIC MANDATED TRANSPORTATION MEDICAL HEALING CENTERS



I. Public Mandate Emergency Disaster back-up Essential Hydration and Nutrition Systems
(a.) Spirulina Algae as the most efficient source of nutrition and bio-fuel (or also compressed pellets for stove use), in regards to space and daily yield of 2x its biomass.
(b.) Methane Compost Piles Can produce Gas that can be supplied alongside
(c.) Electric-free Gravity Plumbing Water Delivery System; the water delivery system should include a natural electric-free filtration device such as can be utilized by a single precipitation catcher (atmosphere dome/cover/wrap).

II. Public Mandate Universal Health Care Red Cross Centers, Holistic Medicine, Warming and Emergency Shelters.
(a.) Raising the bar of indoor buildings with ventilation to illuminate/eliminate* all potential contaminates by strong negative pressure vacuum air outtake and filtration system.
(b.) Streams flowing into diverse array of pools and a bountiful garden filled with a diverse and numerous arrays of flora and fauna.
(c.) Speedy electric (single use or passenger), light weight low impact vehicles.
(d.) The biofueled speed train runs between centers all along west coast as different environments encourage different health condition environments of air, soil, water and food holistic health (see more, III(a.)) management and care team.

III. Public Mandate Inter and Inner City/Center Transport Speed Rail.
(a.) Along west coast corridor powered self-sufficiently and sustainably by biofuel algae plants.
(b.) Resolving inner city, work/ school/ recreation traffic injuries and deaths while also recycling excess toxic algae contamination sites in local rivers and lakes.. Respecting valuable cultural or aesthetic landscapes and scenery (could build underground)

IV. Public Mandate Nonprofit News Collective and Archive.
(a.) For Real News and Direct Solutions to Local and Global Issues People in your area are already engaged in solving. One place to get all the info from all the best groups in your city

3

10

11

PETITION FOR:

Mandate City-Level Development of Emergency Backup Systems

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As a concerned citizen, I am deeply troubled by our reliance on the global supply chain for basic necessities. This dependence not only exposes us to potential contamination and disease (as witnessed during the COVID-19 outbreak) but also supports unethical labor practices in countries where modern slavery is prevalent. Our current system fails to protect us during emergencies such as disease outbreaks or blackouts, leaving many vulnerable and without access to essential resources like water, heating, food, clothing, and shelter.

To address this issue, we must require our city to research, develop and maintain self-sufficient backup systems(1,2) that can meet citizens' basic needs during major disasters without compromising our local environment or health. These systems should be designed with the capacity to function independently of external aid or resources.

According to the United Nations Office for Disaster Risk Reduction (UNDRR), cities that invest in disaster risk reduction measures can prevent significant losses both in terms of lives and infrastructure (UNDRR Report 2019). Moreover, a study published by the National Bureau of Economic Research indicates that increasing local self-sufficiency can reduce vulnerability to global supply chain disruptions (NBER Working Paper No. 27439).

By mandating these changes at a city level we are not only safeguarding our community against future crises but also taking an ethical stand against exploitative labor practices abroad.

Please sign this petition urging our city officials to prioritize local self-sufficiency through the development of emergency backup systems.

Thank you for your consideration.

(1) self-suf-fi-cient, adjective; needing no outside help in satisfying one's basic needs, especially with regard to the production of food

(2) backup systems include but are not limited to: clean water, food, shelters and essential tool production and delivery systems not reliant on electrical or petroleum powered mechanisms. Some possibilities include but are not limited to harvesting natural gasses from waste systems and incorporating gravity plumbing wherever possible.

View more content created by Petitioner Spencer Joseph Barrett:

Youtube channel: S.J. Barrett
https://youtube.com/@spencerduhbarrett

Facebook page: Conscience Culture

Facebook page: CascadiaNow Corvallis

Facebook page: replay media productions
www.archive.org/details/@endtheschism
www.archive.org/details/@sjb177

Name	City, State	Signature

1

12

Name	City, State, Country	Signature

Name	City, State, Country	Signature

New Table of Contents

1. Observations

a. Defining

i. Historical

ii. Google Search

b. Body Maps

i. Subatomic

a. 4 fundamental forces (compare/see; conclusion and model layer synchronization with 4 fundamental forces; valences, vectors (suits a variety of types; trust being the potential root/ with grief), triadic core (weak and strong, strengthen or decay nucleus; core needs/beliefs) reflexes (electromagnetic), electromagnetic reception and excretion (sending and receiving)

ii. Atomic

a. periodic table of elements; molecular human, molecular planet, molecular sun, molecular evolution table (libb thims)

iii. Molecular

a. glass of water molecules, vs drops of water in the ocean.

iv. Cellular

a. Definition of ***Life*** (Core Aspects)***;***

1. Response to Stimuli

2. Signaling / Communication

3. Adaptation

4. Homeostasis

5. Growth

6. Organization

7. Metabolism

8. Reproduction & Genetic Inheritance

b. algae, fungus spores, bacteria

v. Human; Multi-Cellular

1. Life Aspects/ Categories (see; 1.b.iv.a.)

a. Organization

12 anatomical ("cross-level coherent"systems; 107-108 organs

2. spectrum of personality (see; conclusion; nsgcpd; styles)

3. other multicellular on the spectrum of length; bacteriophages, bacteria and virus, nematodes (round worms), water bears,

vi. Planetary

vii. Galactic;

1. stars vs grains of sand

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i. Billion YA

ii. 3.3 MYA – Prehistory

iii. 3300 BC – Recorded History / Bronze Ages

iv. 1200 BC – Iron Ages

v. 500 AD – Dark Ages

vi. 1500 AD – Early Modern Ages

vii. 1700 AD – Late Modern Ages

viii. 1945 AD – Contemporary Modern Ages

d. Plato's Allegory of the Cave (see; 1.c.iv."400BC")

i. Fire Pyramid

ii. Trophic Pyramid

iii. ***Life*** Definition; (see: 1.b.iv."Cellular")

iv. Needs Pyramid

1. Physiological

2. Safety/Security

3. Love and Belonging

4. Esteem

5. Self-Actualization

6. Self-Transcendence (see: conclusion)

e. World Historic Declarations

f. Movements

2. Question(s) / Hypothesis

a. why aren't declarations being realized?

b. why are they killing themselves?

c. Why is it hard to do something that's good for us?

i. reframing "pain" see: conclusion

d.

3. Experiments

4. Analysis

a. **Biopsychosocial-spiritual/creative**

i. **Experimental**; 4 wills; pleasure//live, belong/conform, power/control, meaning/dissonance (demographics, commandments, potential vs actuality (see; conclusion; pages; opium of the people)

1. see; observations; body maps; human/multi-cellular; life aspects; organization; Psychological/Transactional Styles; Attachment, Erickson, Marcia, Parental, Scott Peck Community, Governmental, etc. (include expanding ecological valence identifying each style present at that level and any necessary extra styles

ii. **Statistical**; (see conclusion; pages comp)

b. **Peer Review**

i**. D Bella**

ii. **D Adams**

1. UN 8 Aspects of a Culture of Peace (see; World historic; 1999 Declaration)

a. sustainable development, human rights, democratic participation, equality, solidarity, transparency and the free flow of information, education for a culture of peace Security and Public Safety

2. 8 Aspects Culture of War (Adams and the history of the culture of war)

a. armies and armaments, external conquest and exploitation, the internal culture of war and economies based on exploitation of workers and the environment, Prisons and penal systems, The military Industrial Complex, The Drugs-for-guns trade, Authoritarian Control, Control of Information, Identification of an "enemy", Education for the Culture of War and Male domination

3. The Myth

4. Anger; see; "Psychology for Peace Activists" and see; barrett stages of leadership development comparison in; model layers

a. Acquisition of Values and Purpose vs. Alienation

b. Anger vs Fear

c. Action vs Armchair Theorizing

d. Affiliation vs Anarchism's and Individualism

e. Personal Integration vs Burnout

f. World Historic Consciousness vs Sectarianism

5. Enemy Imagery; Cultural or Biological (see: world historic: Seville statement)

6. City Development Through Town Hall (see: conclusion; or pages; bioregion)

III**. PA Davis**

1. Enemy Imagery Source

ii. Deficient Beliefs; (see; conclusion; removing barriers; deficient beliefs 1-5)

1. Eurocentrism outside of nature

2. pseudo-community stages (see; circle model; conclusion; revisit; barriers– at the ecological "meso" system stage. micro

a. pseudo-community, emptying, chaos, authentic/true community

3. Ceremonial Change Process

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i. Vectors (Trust)

ii. Reflex (Grief)

iii. Inner Valence (Cognitive Development)

iv. Outer Valence

v. Core Triangles: Ven Diagram Compilation addition see; conclusion)

1. Beliefs

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i. Learned Optimism/Industriousness vs. Helplessness

Pervasiveness, Permanence and Personalization

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Self, Others and Future

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a. Communication

i. intrapsychcic- Sender, medium, receiver, channel

ii. interpersonal - Aristotle; Speaker, Purpose and Content

iii. Interpersonal - Deviance.

pseudo-mutuality, pseudo-hostility, schism and skew; research of psychiatrists and psychoanalysts Lyman Wynne and Theodore Lidz on communication deviance and roles

b. Organization

i. Intra Group - Pseudo Community

II. Inter Group – Governmental styles

5. Conclusion

a. Pages Comp;

i. The Modern Holocaust

ii. Justice

iii. NSGCPD

1. Agents of Change/ Spectrum of Duality

a. Saints to Terrorists

I. diggers, environmental movement (see; modern holocaust; environmental murders), civil rights, MLK, Gandhi, Lennon, Buckminster fuller, Einstein, Frederick Douglass, Mother Teresa, Roosevelt, Jesus, Putin; Hitler, Trump, Jones, Dahmer,

ii. Overinflated aspect of; ownership; mineness (see; The Projective Consciousness Model of Phenomenal Selfhood)

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a. Attachment (see model comp and biopsychosocial-spiritual/creative analysis; psycho-social)

b. Cognitive Dissonance Paradigms

c. I'm okay your not okay; transactional and transference

d. blind to betrayal (see conclusion; revisit; barriers; dec. of independence, democide and rj rummel, journalists and environmental activists(modern holocaust))

iv. Addiction

1. definitions; applications

2. transtheoretical Model of Change, Retraditionalization (see: Conclusion; Retraditionalization; protocols)

v. Drug Culture

vi. Opium of the People

vii. Cannon/Canon/Cannon/QAnon

Genealogy of morality; which staff do you stand on; ankh and staff of life

viii. The Decay (cognitive dissonance; pro life pro choice; sectarian movements need to transcend boundaries for supraordinate goals (ref. roy2000 see; nsgcpd; jones)

ix. Disaster preparation

x. Bioregionalism / The Green Deal/ ALIVE Proposal/ Etc

1. post industrialism,

b. Revisit Plato's Cave

i. Relationship between variables (see; use of formal operations in adults and students, and see; types of intelligence (spectrum is not purely rational/mathematical task operations as measured by this)

ii. barriers; individual; (attachment style, grief stages, communication style, transactional, belief style, life scripts, marcia's id, freuds stages, jungs stages, defense mechanisms,), micro-parental style, meso- community stages, macro- governmental style

c. Retraditionalization

i. PA Davis

ii. Chinook Resilience

1. Place and Space

2. Protocol

a. Relationship to the Western Scientific Method

b. Whole Brain Functioning (see transcendence; 2 voices

3. Identity

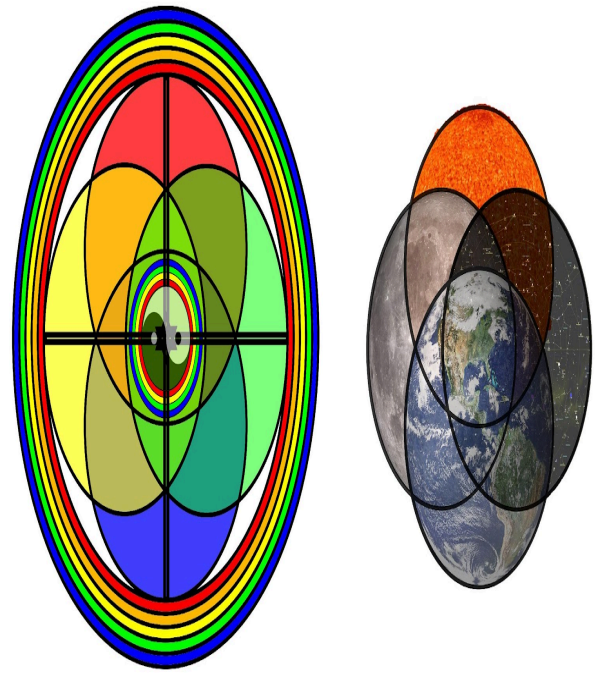
a. Assault; stereotype bias/effect/threat, golem effect and self-fulfilling prophecies. Culture of war media deficient imagery programming and influence,

iii. Crisis, Model, Meaning, Healing, Action, Expansion ("he Poison"; Retraditionalization grounded in science")

d. Transcendence/ realization/ differentiation/ individuation/ expansion/ cognitive shift/ Gaia hypothesis/ the bigger picture / : ven diagram comp, 2 voices; theology for social gospel; hegels interpersonal and intrapsychic master-slave struggle, cocreative and **win-win** (pa davis), see; optimism and pessimism, narrative, cbt, logotherapy, dialectic and dialogue, the voices we carry, pavlovian hallucinations induced verbal, universal's; language; needs; trust (model comp)

Conscious
Culture

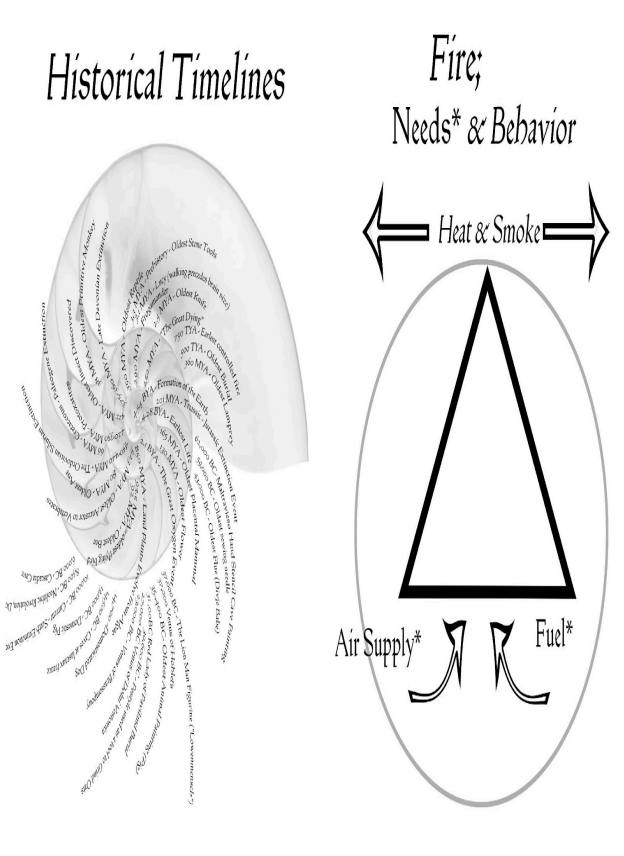
1



2

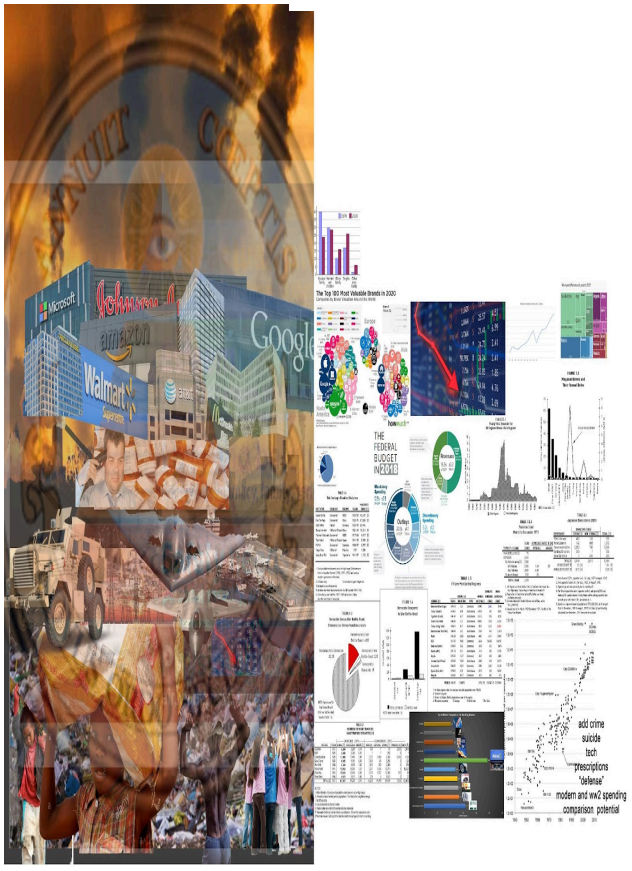
Declaration of Independence: A Transcription
CHARTER OF THE UNITED NATIONS
Declaration of the Rights of the Child, G.A. res. 1386(XIV), 14 U.N. GAOR
Supp. (No. 16) at 19, U.N. Doc. A/4354(1959).
NINETEENTH AMENDMENT
CIVIL RIGHTS ACT OF 1964

3


Historical Timelines
Fire;
Needs* & Behavior
Heat & Smoke
Air Supply*
Fuel*

4

5

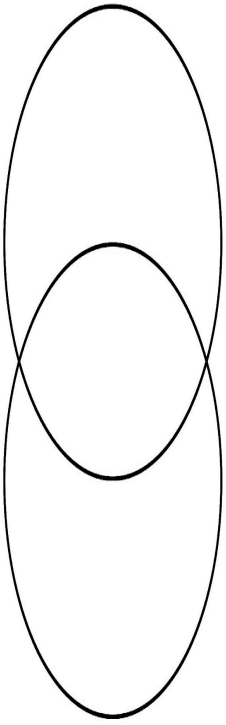


6

QUESTION

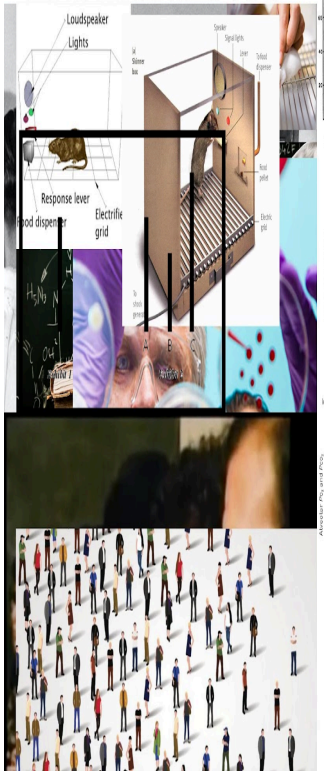
why are they killing themselves?

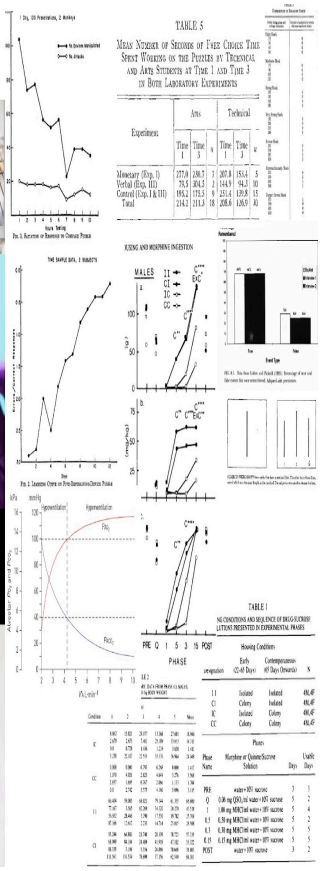
HYPOTHESIS:



7

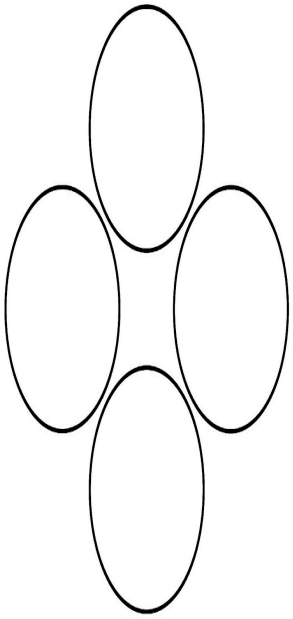
EXPERIMENTS

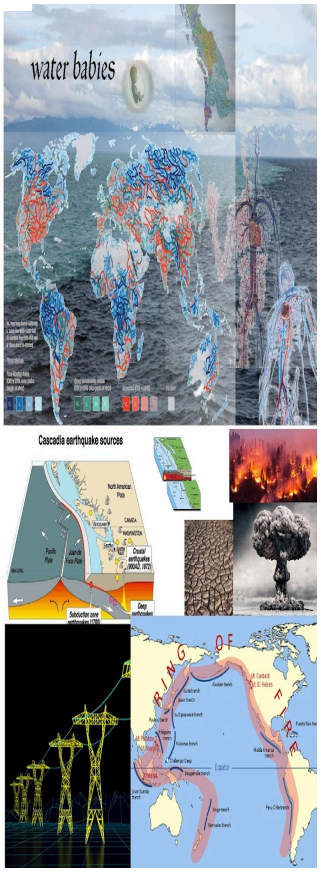




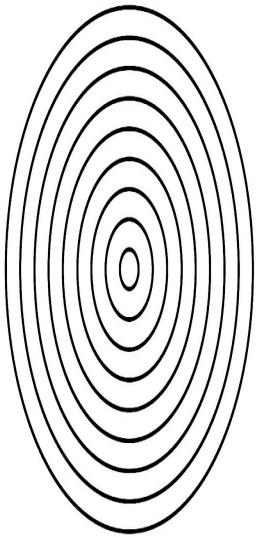
8

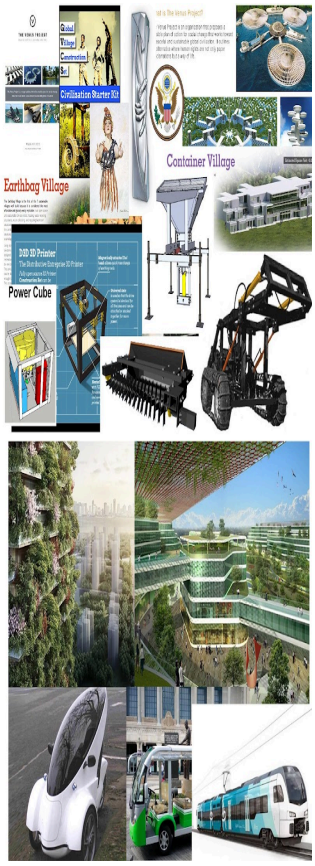
ANALYSIS

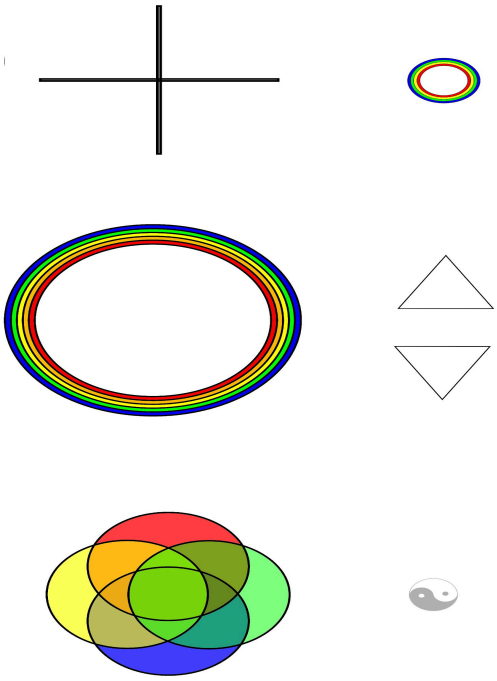




CONCLUSION







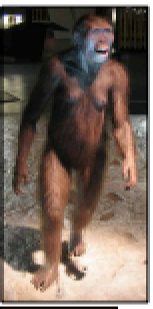
Human Culture Timeline

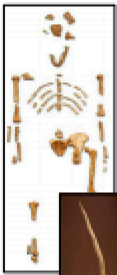
'Archeological Evidence Displaying the Evolution of Human Cultures Through Time and Space'

LIFE IS SACRED

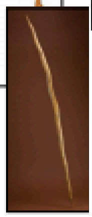
Watch as the Sacred Children of the Universe move towards the Light Ages by creating a Global Culture of Peace.
Witness the definitive mental image formation (Defended by the self-righteous belief that one life is more valuable than another, and the fallacy that humans are inherently evil (betrayal stories and enemy imagery)) beginning with the elevation of 'Kinds above all others' and the earliest inscriptions of slavery, 'humans were created for the gods (Kings) to endure'.
Follow the resulting mental and physical Enslavement of mankind to the present day. Through addiction (greed, lust, alcohol & sugar) we assisted the building of the historic pyramids which parallel the modern civilization obsessed with 'building their own pyramid' at the expense of others.
Assist in Redefining the present-day global holocaust (mass human rights abuses, slavery and organ harvesting) as the 'Dark Age' which we are collectively struggling to exit.

Beginning with the evolutionary Ancestor; Lucy… (Pope Francis declares evolution and the Big Bang are real)
http://humanorigins.si.edu/evidence/human-evolution-timeline-interactive





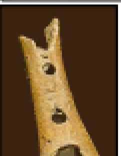
3,218,000 – 3,000,000 BC – Lucy is the common name of AL 288-1, several hundred pieces of bone fossils representing 40% of the skeleton of a female of the hominin species *Australopithecus afarensis*. (Latin: "Southern ape from Afar") is an extinct hominin that lived between 3.9 and 2.9 million years ago and is thought to be more closely related to the genus *Homo* (including homo-sapiens, 'humans', as a direct ancestor or a close relative of an unknown ancestor) Lucy was discovered in 1974 in Africa, near the village Hadar in the Awash Valley of the Afar Triangle in Ethiopia. The skeleton presents a small skull akin to that of non-hominin apes, plus evidence of a walking -gait that was bipedal and erect, akin to that of humans (and other hominins); this combination supports the view of human evolution that bipedalism preceded increase in brain size. Lucy" acquired her name from the song "Lucy in the Sky with Diamonds" by the Beatles, which was played loudly and repeatedly in the expedition camp all evening after the excavation team's first day of work on the recovery site.



400,000 – 380,000 BC – Schöningen Spears, eight wooden throwing spears from the Paleolithic Age and an associated cache of approximately 16,000 animal bones were excavated under the management of Dr. Hartmut Thieme of *Lower Saxony State Service for Cultural Heritage (NLD)* between 1994 and 1998 in the open-cast lignite mine, Schöningen, county Helmstedt district, Germany.

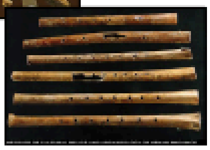
260,000 BC Dali Skull

43,000 BC – Oldest Musical Instrument – The Divje Babe flute, discovered in Slovenia in 1995, Several years before, two flutes made of mute swan bone and one made of woolly mammoth ivory were found in the nearby Geissenklösterle cave. The team that made the Hohle Fels discovery wrote that these finds are the earliest evidence of humans being engaged in musical culture. They suggested music may have helped to maintain bonds between larger groups of humans, and that this may have helped the species to expand both in numbers and in geographical range

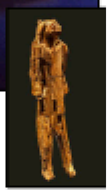


40,000 BC– flute from the site of Geißenklösterle cave, Southern Germany, made from bird bones

37,000 BC – Aurignacian Flute, Landesmuseum Wurttemberg, Stutigar

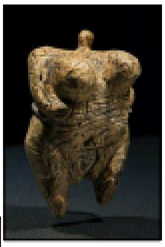


37,000 BC – The Löwenmensch figurine or Lion-man of the Hohlenstein-Stadel is a prehistoric ivory sculpture that was discovered in the Hohlenstein-Stadel, a German cave in 1939



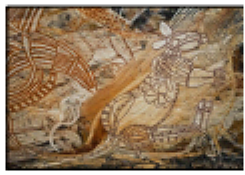
40,000BC – 2000AD Australian indigenous people , circumcision, marriage, lizard man, star maps, the dream-time, sasha, rainbow serpent

A Venus figurine is any Upper Paleolithic statuette portraying a woman, although the fewer images depicting men or figures of uncertain gender, and those in relief or engraved on rock or stones are often discussed together. seen as representations of a primordial female goddess. The term has been criticised for being more a reflection of modern western ideas than reflecting the beliefs of the sculptures' original owners, but the name has persisted.



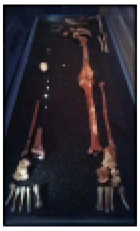
37,000 BC – Venus of Hohlefels - figurine of a woman hewn from the ivory of a mammoth tusk that was located near Schelklingen, Germany.

33,500 BC – The Gabarnmung Rock Shelter, owned by the Jawoyn tribe of Australia's Northern Territory, is covered with Aboriginal art paintings dating back 35,500 years. Only 26 non-indigenous visitors have ever been invited into this sacred space, a naturally formed temple nestled into a sandstone formation.

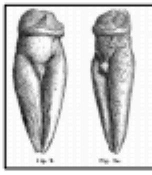


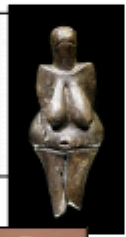
31,000 BC - Red Lady of Paviland skeleton dyed in red ochre and buried in Britain

27,000 BC - Venus of Dolní Věstonice, Paleolithic site Dolní Věstonice in the Moravian basin south of Brno, in the base of Děvín Mountain, 'Czech Republic'



25,000 BC – Venus of Brassempouy (Two Caves near the village in Southwest France) carved from mammoth ivory



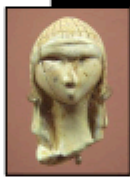


23,000 BC – Venus of Willendorf (Lower Austria)

14,700 – First Domestic Dog – The archaeological record shows the first undisputed dog remains buried beside humans 14,700 years ago

14,500 BC – Artwork on the walls of Caves at Lascaux, central France – Summer triangle

According to Dr. Rappenglueck, these outlines form a map of the sky with the eyes of the bull, birdman and bird representing the three prominent stars Vega, Deneb and Altair, popularly known as the Summer Triangle, and seen during the middle months of the northern summer. Around 17,000 years ago, this region of sky would never have set below the horizon and would have been especially prominent at the start of spring. *"It is a map of the prehistoric cosmos."* Dr. Rappenglueck told BBC News Online. *"It was their sky, full of animals and spirit guides."*

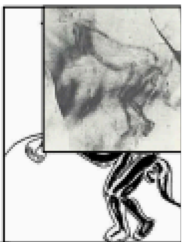


Seven sisters

This sky map is not the only evidence that prehistoric man took a keen interest in the night sky. Nearer to the entrance of the Lascaux cave complex is a magnificent painting of a bull. Hanging over its shoulder is what appears to be a map of the Pleiades, the cluster of stars sometimes called the Seven Sisters. Inside the bull painting, there are also indications of spots that may be a representation of other stars found in that region of sky. Today, this region forms part of the constellation of Taurus the bull, showing that mankind's identification of this part of the sky stretches back thousands of years.

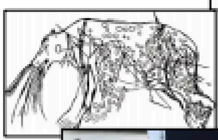
13,000 BC – 'The Sanctuary' at the Cave of the Trois-Frères, Ariège, France, Cave Art made around 13,000 BC

Drawing of the grasshopper engraving, The grasshopper was portrayed with such fidelity that the insect's species has been determined.[3] It is thought to be the earliest known representation of an insect



an apparently speared brown bear vomiting blood.[6]

Modeled out of clay from the walls of the cave, the bisons stand next to each "18 inches tall by 24 inches long" their craftsmanship and durability allowed them to stand alone in the damp french cave for thousands of years



12,800 BC – Domestic Pig – Archaeological evidence suggests that pigs were domesticated from wild boar as early as 13,000–12,700 BC in the Near East in the Tigris Basin[14]

11,000 BC – tamanowas meteorite arrives at clackamas [] needs to be returned with kennewick man*****
(unreasonable search and seizure) [] peoples in northwestern american continent

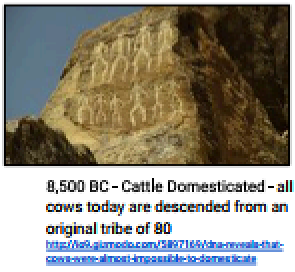
pieces returned

https://www.statesmanjournal.com/story/news/2019/03/07/sacred-willamette-meteorite-tomanowos-pieces-returned-grand-ronde-

tribes/3056468002/

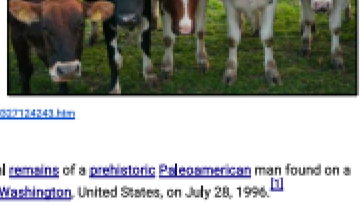
10,000 BC – Domestic Goat – The history of the domesticated sheep goes back to between 11000 and 9000 BC, and the domestication of the wild mouflon in ancient Mesopotamia. Sheep are among the first animals to have been domesticated by humans, and there is evidence of sheep farming in Iranian statuary dating to that time period. These sheep were primarily raised for meat, milk, and skins.

10,000 BC - Petroglyphs in Gobustan, Azerbaijan, dating back to 10,000 BC indicating a thriving culture.



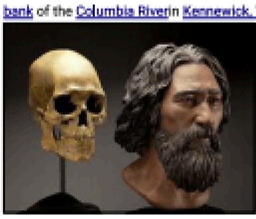
10,000-5500 BC Old Cordilleran Culture

8,500 BC – Cattle Domesticated – all cows today are descended from an original tribe of 80
http://io9.gizmodo.com/5897165/dna-reveals-that-cows-were-almost-impossible-to-domesticate

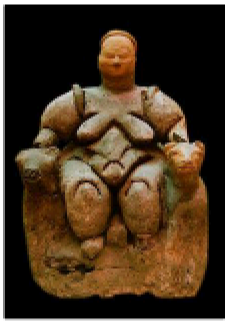


https://www.sciencedaily.com/releases/2012/03/120327124243.htm

6.9-7,000 BC Kennewick Man
is the name generally given to the skeletal remains of a prehistoric Paleoamerican man found on a bank of the Columbia River in Kennewick, Washington, United States, on July 28, 1996.[1]



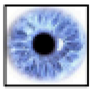
6,000 BC Mother Goddess from Çatalhöyük



6,000 BC Cascadia Cave

- Domestication of the Woolly sheep began to be developed around 6000 BC in Iran, and cultures such as the Persians relied on sheep's wool for trading.
- Seated Woman of Çatalhöyük (also Çatal Hüyük)
- Blue Eyed HERC2 Enzyme (affecting the OCA2 gene) - Genetic Mutation MAncesto

The team, whose research is published in the journal Human Genetics, identified a single mutation in a gene called OCA2, which arose by chance somewhere around the northwest coasts of the Black Sea in one single individual, about 6,000 years ago.

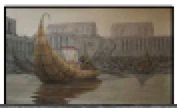


"The question really is, 'Why did we go from having nobody on Earth with blue eyes 10,000 years ago to having 20 or 40 percent of Europeans having blue eyes now?" Hawks said. [illegible link]

If you ask me personally, I believe it was a result of the Egyptians incest or the product of a hermaphrodite birth. It allowed them to see better in the dark and potentially inhabit underground cities more effectively for living in cold climates. [illegible] from the hindu scriptures was blue and many egyptian artifacts are colored with blue. However this is not in support of a superiority complex [illegible] ideology, all humans/creatures/life are equal, this is of scientific and cultural interest for the development of which coincides with the end of the ice age and other interesting developments such as leadership change in Egypt as well as the rise of a [illegible] church state which destroyed and continues to destroy all artifacts of an ancient matriarchal pagan culture dedicated to mother earth. The burning of the library, the introduction of the phallic [illegible], and many more all suggest a complete [illegible] in behavior modification and moral control by psychological means during the time of the Romans and the perfection of religious belief platform meant to contradict and separate families by means of institutionalization as well as by taking away the man's general drive to be autonomous and self sufficient, instead the father does not develop a trust with his children as he is not self sufficient and relies in the state for his basic needs; housing, food, security. And the state benefits from this distrust and fear that pervades European culture, by profiting off of war, slavery and the abuse of human rights.

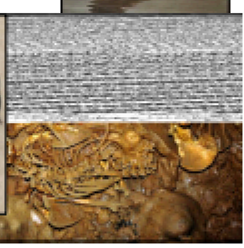
5400 BC - The City of Eridu

Eridu was formed at the confluence of three separate ecosystems, supporting three distinct lifestyles, that led by the Abgallu (Ab = water, Gal = great, Lu = man) came to an agreement about access to fresh water in a desert environment. The oldest agrarian settlement seems to have been based upon intensive subsistence irrigation agriculture derived from the Samarra culture to the north, characterised by the building of canals, and mud-brick buildings. The fisher-hunter cultures of the Arabian littoral were responsible for the extensive middens along the Arabian shoreline, and may have been the original Sumerians. They seem to have dwelt in reed huts. The third culture that contributed to the building of Eridu were the Semitic-speaking nomadic herders of herds of sheep and goats living in tents in semi-desert areas. All three cultures seem implicated in the earliest levels of the city.



Eridu appears to be the earliest settlement in the region, founded ca. 5400 BC, close to the Persian Gulf near the mouth of the Euphrates River. Because of accumulation of silt at the shoreline over the millennia, the remains of Eridu are now some distance from the gulf at Abu Shahrain in Iraq (Leick, Gwendolyn (2001), "Mesopotamia: The Invention of the City" (Allen Lane))

5000 BC - Hemp is possibly one of the earliest plants to be cultivated.[10][11] An archeological site in the Oki Islands near Japan contained cannabis achenes from about 8000 BC, probably signifying use of the plant.[12] Hemp use archaeologically dates back to the Neolithic Age in China, with hemp fiber imprints found on Yangshao culture pottery dating from the 5th millennium BC.[10][13] The Chinese later used hemp to make clothes, shoes, ropes, and an early form of paper.[14]



5000 BC - 'Blue eyed man' skeleton, dubbed Brana-1,

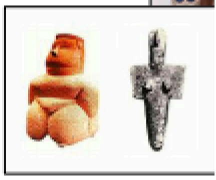
remains were discovered Stone Age man who lived about 7,000 years ago and whose buried bones were discovered 5,000ft up in the mountains, excavated the La Brana-Arintero site, near Leon, in 2006. has turned out to be the earliest known person with blue eyes, a physical trait that evolved relatively recently in human history, a study has found. [illegible links]

4000 BC - oldest archeological evidence of water clock, china In China, as well as throughout eastern Asia, water clocks were very important in the study of astronomy and astrology. The oldest archaeological evidence of a water clock is around 4000 BCE. The oldest written reference dates the use of the water-clock in China to the 6th century BCE.[3] From about 200 BCE onwards, the outflow clepsydra was replaced almost everywhere in China by the inflow type with an indicator-rod borne on a float.[3] skip to su song 1020

3500 BC - The Vashistha Head - A copper casting of a human head styled in the manner described for vashistha (ref. Dharmasutra) was discovered in 1958 in Delhi. This piece has been dated to around 2700 BCE,plus minus 800 years, in three western universities (ETH Zurich, Stanford and UC) using among other methods carbon-14 dating tests, spectrographic analysis, X-ray dispersal analysis and metallography.[15][16] This piece is called "Vashistha head", because the features, hairstyle, tilak and other features of the casting resembles the description for Vashistha in Hindu texts.[16]

The significance of "Vashistha head" is unclear because it was not found at an archaeological site, but in open Delhi market where it was scheduled to be remelted. Further the head had an inscription of "Narayana" suggesting that the item was produced in a much later millennium. The item, states Edwin Bryant, likely was re-cast and produced from an ancient pre-2800 BCE copper item that left significant traces of matter with the observed C-14 dating.[15]

3700 BC - Naqada I (Egypt) female figure, circa 3700 BC. Bone with Lapis inlay from Badakhshan.

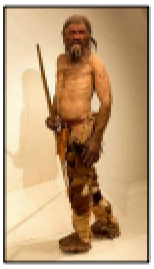


3700 BC - Sumerian poem honoring Ninkasi, the patron goddess of brewing

3500 BC - Domestic Horse - an increasing amount of evidence supports the hypothesis that horses were domesticated in the Eurasian Steppes approximately 3500 BCE;[5][6]

3350 BC - Ashley Park Burial Mound - for the burial in the chamber of an infant.The inner end of the structure contained an adult and child, cattle bones,[3] a bone point, some chert flakes and Neolithic pottery, including sherds bearing channelled decoration. It lay until recently in an ancient oak forest.

(Cooney, Gabriel (27 November 2014). "Transformation by Fire: The Archaeology of Cremation in Cultural Context". University of Arizona Press – via Google Books.) Flanagan, Laurence (29 October 1998). "Ancient Ireland: Life Before the Celts". Gill & Macmillan Ltd – via Google Books)



3239 – 3105 BC – Ötzi also called the Iceman, the Similaun Man, the Man from Hauslabjoch, the Tyrolean Iceman, and the Hauslabjoch mummy) is a nickname given to the well-preserved natural mummy of a man who lived around 3,300 BCE. found in September 1991 in the Ötztal Alps, hence the nickname "Ötzi", near Similaun mountain and Hauslabjoch on the border between Austria and Italy.Tools and equipment A replica of Ötzi's copper axe

(Ötzi the Iceman while still frozen in the glacier, photo by Helmut Simon)

Other items found with the Iceman were a copper axe with a yew handle, a flint-bladed knife with an ash handle and a quiver of 14 arrows with viburnum and dogwood shafts. Two of the arrows, which were broken, were tipped with flint and had fletching (stabilizing fins), while the other 12 were unfinished and untipped. The arrows were found in a quiver with what is presumed to be a bow string, an unidentified tool, and an antler tool which might have been used for sharpening arrow points.[39] There was also an unfinished yew longbow that was 1.82metres (72 in) long.[39]

In addition, among Ötzi's possessions were berries, two birch bark baskets, and two species of polypore mushrooms with leather strings through them. One of these, the birch fungus, is known to have anthelmintic properties, and was probably used for medicinal purposes.[40] The other was a type of tinder fungus, included with part of what appeared to be a complex firelighting kit. The kit featured pieces of over a dozen different plants, in addition to flint and pyrite for creating sparks.

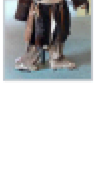
Ötzi's copper axe was of particular interest. The axe's haft is 60 centimetres (24 in) long and made from carefully worked yew with a right-angled crook at the shoulder, leading to the blade. The 9.5 centimetres (3.7 in) long axe head is made of almost pure copper, produced by a combination of casting, cold forging, polishing, and sharpening. It was let into the forked end of the crook and fixed there using birch-tar and tight leather lashing. The blade part of the head extends out of the lashing and shows clear signs of having been used to chop and cut. At the time, such an axe would have been a valuable possession, important both as a tool and as a status symbol for the bearer.[41]

Skeletal details and tattooing

Ötzi had a total of 61 tattoos (or Soot tattoos), consisting of 19 groups of black lines ranging from 1 to 3 mm in thickness and 7 to 40 mm long.[24] These include groups of parallel lines running along the longitudinal axis of his body and to both sides of the lumbar spine, as well as a cruciform mark behind the right knee and on the right ankle, and parallel lines around the left wrist. The greatest concentration of markings is found on his legs, which together exhibit 12 groups of lines.[25] A microscopic examination of samples collected from these tattoos revealed that they were created from pigment manufactured out of fireplace ash or soot.[26]

Radiological examination of Ötzi's bones showed "age-conditioned or strain-induced degeneration" corresponding to many tattooed areas, including osteochondrosis and slight spondylosis in the lumbar spine and wear-and-tear degeneration in the knee and especially in the ankle joints.[27] It has been speculated that these tattoos may have been related to pain relief treatments similar to acupressure or acupuncture.[25] If so, this is at least 2,000 years before their previously known earliest use in China (c. 1000 BCE).[28] Recent research into archaeological evidence for ancient tattooing has confirmed that Ötzi is the oldest tattooed human mummy yet discovered.[29][30]

Clothes and shoes - Archeoparc (*Schnals valley / South Tyrol*). Museum: Reconstruction of the neolithic clothes worn by Ötzi



An artist's impression of Ötzi's right shoe

Ötzi's clothes were sophisticated. He wore a cloak made of woven grass[31] and a coat, a belt, a pair of leggings, a loincloth and shoes, all made of leather of different skins. He also wore a bearskin cap with a leather chin strap. The shoes were waterproof and wide, seemingly designed for walking across the snow; they were constructed using bearskin for the soles, deer hide for the top panels, and a netting made of tree bark. Soft grass went around the foot

and in the shoe and functioned like modern socks. The coat, belt, leggings and loincloth were constructed of vertical strips of leather sewn together with sinew. His belt had a pouch sewn to it that contained a cache of useful items: a scraper, drill, flint flake, bone awl and a dried fungus.[32]

The shoes have since been reproduced by a Czech academic, who said that "because the shoes are actually quite complex, I'm convinced that even 5,300 years ago, people had the equivalent of a cobbler who made shoes for other people". The reproductions were found to constitute such excellent footwear that it was reported that a Czech company offered to purchase the rights to sell them.[33] However, a more recent hypothesis by British archaeologist Jacqui Wood says that Ötzi's "shoes" were actually the upper part of snowshoes. According to this theory, the item currently interpreted as part of a "backpack" is actually the wood frame and netting of one snowshoe and animal hide to cover the face.[34]

The leather loincloth and hide coat were made from sheepskin. Genetic analysis showed that the sheep species was nearer to modern domestic European sheep than to wild sheep; the items were made from the skins of at least four animals. Part of the coat was made from domesticated goat belonging to a mitochondrial haplogroup (a common female ancestor) that inhabits central Europe today.

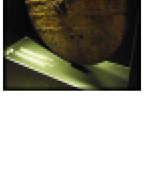
The coat was made from several animals from two different species and was stitched together with hides available at the time.

The leggings were made from domesticated goat leather. A similar set of 6,500-year-old leggings discovered in Switzerland were made from goat leather which may indicate the goat leather was specifically chosen.

Shoelaces were made from the European genetic population of cattle. The quiver was made from wild roe deer, the fur hat was made from a genetic lineage of brown bear which lives in the region today. Writing in the journal *Scientific Reports*, researchers from Ireland and Italy reported their analysis of mitochondrial DNA, that was extracted from nine fragments from six of his garments, including his loin cloth and fur cap.[35][36][37]

3300 - 2700 BC - Sardinia, Ozieri culture, Mother Goddess in Volumetric and Geometric style. *AND MORE PEACEFUL SOCIETIES ON TIMELINE The Ozieri was the culmination of the island's Neolithic culture, and takes its name from the locality where early findings connected with it have been found, the cave of San Michele near Ozieri, in northern Sardinia.Archaeological excavations have identified some 200 Ozieri sites, located both in plain and mountain areas, but with a preference for low ridges, and largely organized around an economy of Hunter-gatherers mixed with an initial presence of husbandry and agriculture.[1] The settlements consisted of small stone huts, with a circular (rarely rectangular) wall supporting a wooden frame with a ceiling of boughs. One, near Sestu, consisted of 60 huts.[1] Another, near Mogoro, included 267 huts, perhaps also erected on poles driven into the ground, with pavements composed of limestone slabs, basalt cobbles or clay. Su Coddu, the largest known settlement, consisted of more complex structures and multiple room dwellings; located near Selargius, it has been partially built over by modern development, limiting the present understanding of its size.[1] The finding of unique tools and objects in individual huts, and early evidence of metalworking, suggests the Ozieri culture was well organized and specialized.[1]

The villages had no walls, and findings of weapons in the tombs are scarce, indicating the Ozieri civilization was perhaps a peaceful one, far different from the later Nuragic civilization.Figurines recovered indicate the Ozieri may have worshiped a mother goddess, with the most well known example being an alabaster statuette found at Porto Ferro Tomb, Senorbì, and sharing some stylistic characteristics with later Cycladic figures.[1]Female statuettes similar to those of the Ozieri culture have also been found in Malta.[1] Bull horns were recovered from tombs and elsewhere, indicating the sacred bull was also an important concept.[1]



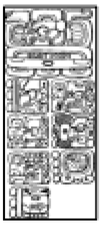
3700–2200 BC, Kemi Oba culture,

(Mallory 1997, Anthony 2007, p. 300, 371, 394)

3100 BC - The Ljubljana Marshes Wheel

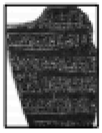
is a wooden wheel that was found in the Ljubljana Marshes some 20 kilometres (12 mi) south of Ljubljana, the capital of Slovenia, in 2002Radiocarbon dating, performed in the VERA laboratory (Vienna Environmental Research Accelerator) in Vienna, showed that it is approximately 5,150 years old, which makes it the oldest wooden wheel yet discovered

3114 BC – Mythical Creation Date – The Mesoamerican Long Count Calendar
East side of stela C, Quirigua with the mythical creation date of 13 baktuns, 0 katuns, 0 tuns, 0 uinals, 0 kins, 4 Ahau 8 Cumku - August 11, 3114 BCE in the proleptic Gregorian calendar.



3500-3100 BC – Earliest known chemical evidence of barley beer – Zagros Mountains of western Iran (McGovern, Patrick, Uncorking the Past, 2009, ISBN 978-0-520-25379-7, pp. 66–71)

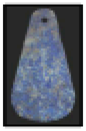
3150 – 2890 BC – The First Dynasty of ancient Egypt (Dynasty I)[a] covers the first series of Egyptian kings to rule over a unified Egypt. It immediately follows the unification of Upper and Lower Egypt, possibly by Narmer, and marks the beginning of the Early Dynastic Period, a time at which power was centered at Thinis.
Information about this dynasty is derived from a few monuments and other objects bearing royal names, the most important being the Narmer Palette and Narmer Macehead, as well as Den and Qa'a king lists.[6][26] No detailed records of the first two dynasties have survived, except for the terse lists on the Palermo Stone. (The king list covers the period from the Old Kingdom back thousands of years into the predynastic period. It chronicles these mythical kings until the time of the god Horus, who is said to have given the throne to the human king, Menes. Then, hundreds of rulers are listed up to the 5th dynasty. The rows of compartments, containing inscriptions summarizing the main events of a particular year, are each separated by the Hieroglyph rempet, signifying a regnal year of the king. However, it is likely that the stone actually refers to biennial cattle censuses, rather then the actual number of years that the king reigned.The Palermo Stone also records that copper smelting was already taking place, and copper statues were being created in the 2nd Dynasty (about 2890-2686 BC). It also documents a number of early gods, such as Min, a fertility god and symbol of male potency, and Heryshef (Arsaphes), also a fertility god usually represented in the form of a ram, or ram headed man.



The Stone also contains a record of forty ships that brought wood from an unknown region outside of Egypt during the reign of Sneferu. It is a good source of information on Sneferu, also describing military expeditions such as campaign in Nubia that resulted in the capture of 7,000 slaves and 200,000 head of cattle. These types of campaigns probably resulted in the disappearance of the local Nubian culture known as the A Group. It also tells of his campaigns against the Libyans, and quarrying expeditions to the Turquoise mines of the Sinai.) The account in Manetho's Aegyptiaca contradicts both the archeological evidence and the other historical records: Manetho names nine rulers of the First Dynasty, only one of whose names matches the other sources, and offers information for only four of them.[6] Egyptian hieroglyphs were fully developed by then, and their shapes would be used with little change for more than three thousand years.
Human sacrifice was practiced as part of the funerary rituals associated with all of the pharaohs of the first dynasty.[10] It is clearly demonstrated as existing during this dynasty by retainers being buried near each pharaoh's tomb as well as animals sacrificed for the burial. The tomb of Djer is associated with the burials of 338 individuals.[11] The people and animals sacrificed, such as donkeys, were expected to assist the pharaoh in the afterlife. For unknown reasons, this practice ended with the conclusion of the dynasty.

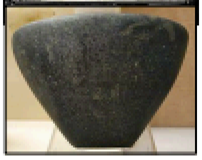
3000 BC – City of Uruk (modern day Iraq) were paid by their employers in beer, (George, Alison (June 22, 2016). "The world's oldest paycheck was cashed in beer". New Scientist) During the building of the great pyramids in Giza Egypt, each worker got a daily ration of four to five litres of beer which served as both nutrition and refreshment that was crucial to the pyramids construction. (Tucker, Abigail (August 2011). "The Beer Archaeologist". Smithsonian.com)

3,000 BC – The ninth Mandala of the Rigveda, also called the Soma Mandala, has 114 hymns, entirely (although Griffith marks 9.5 as dedicated to the Apris) devoted to *Sóma Pávamāna*, "Purifying Soma", the sacred potion of the Vedic religion. Similar to Mandala 8, it cannot be dated within the relative chronology of the Rigveda as a whole; dealing with the Soma cult, a practice reaching back into Proto-Indo-Iranian times (late 3rd millennium BC), some of its hymns may contain the very oldest parts of the Rigveda, while other hymns may be rather recent relative to the other books. As with book 8, each hymn should be studied independently, since the Soma Mandala was not compiled by the redactors in its preserved form on grounds of authorship or clan affiliation, but topically, grouping the Soma hymns.



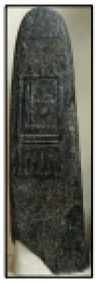
2900 BC – A Mesopotamian lapis lazuli pendant

3000- 2500 BC – Enlil and Ninlil or the Myth of Enlil and Ninlil or Enlil and Ninlil: The begetting of Nanna is a Sumeriancreation myth, written on clay tablets in the mid to late 3rd millennium BC. (Enlil)His wife was Ningal ("Great Lady"), who bore him Utu/Shamash ("Sun") and Inanna/Ishtar (the goddess of the planet Venus).



2800~2200 BC - Catacomb Culture Ukraine and Southern Russia - Introduced Corded pottery, profuse use of polished battle axe, parallels with afanasevo culture - including provoked cranial deformations, provide a link to the east

Kohl, P.L. (2007). The Making of Bronze Age Eurasia. Cambridge University Press. p. 144. ISBN 978-1139461993. Retrieved 2014-10-05.



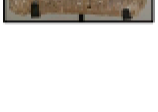
2890-2686 BC – Seth-Peribsen (also known as Ash-Peribsen, Peribsen and Perabsen) is the serekh name of an early Egyptian monarch (pharaoh), who ruled during the Second Dynasty of Egypt Peribsen's royal name is a subject of curiosity for Egyptologists because it is connected to the deity Seth rather than Horus, as was traditional for the name of a pharaoh. The debate continues over why Peribsen chose this name. Earlier theories have favoured the idea that Egypt was split in two realms during Peribsen's time or that he was a heretic, who sought to start a new monotheistic religion with Seth as the only worshipped god.However, newer evidence and evaluations tend to show that the Egyptian kingdom was unified, but witnessed a vast and profound reform during the second dynasty. Seal impressions from tombs of this era reveal great changes in the titles held by high officials, pointing to a reduction of their power. Further seal impressions show that several deities were worshipped under Peribsen, refuting the monotheism theory, with other contemporary inscriptions indicating that the Egyptian grammar was perfected during his reign: In particular, the earliest seal impressions with complete sentences date back to Peribsen's reign. Thus, Peribsen's reign was in fact a time of cultural and religious advancement.

The vessels of Peribsen show the notation "ini-setjet" ("tribute of the people of Sethroë"), whilst Sekhemib's inscriptions have the notation "ini-khasut" ("tribute of the desert nomads").

Crist, Walter et al. (2016). Ancient Egyptians at Play: Board Games Across Borders. London: Bloomsbury. pp. 18–38.

Tyldesley, Joyce A. (2007). Egyptian Games and Sports.

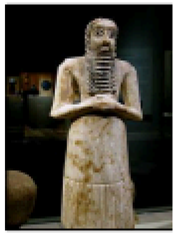
Evidence of the game of Mehen is found from the Predynastic period dating from approximately 3000 BCE and continues until the end of the Old Kingdom, around 2300 BCE.[1] Aside from physical boards, which mostly date to the Predynastic and Archaic periods, a mehen board also appears in a picture in the tomb of Hesy-Ra, and its name first appears in the tomb of Rahotep. Other scenes dating to the Fifth and Sixth Dynasties show people playing the game. No scenes or boards date to the Middle or New Kingdoms, and so it appears that the game was no longer played in Egypt after the Old Kingdom. It is, however, depicted in tombs of about 700 BC, because the tomb decorations are copied from Old Kingdom originals.



Mehen also appears to have been played outside of Egypt. It appears alongside other boards displaying the game of senet at Bab 'edh-Dhra[2] and in Cyprus.[3] In Cyprus, it sometimes appears on the opposite side of the same stone as senet, and those from Sotira Kaminoudhia, dating to approximately 2250 BCE, are the oldest surviving double-sided boards known.[4] Mehen survived in Cyprus longer than in Egypt, showing that the game was indigenized upon its adoption into the island's culture.

The rules and gameplay of Mehen are entirely unknown.

4000 – 3100 BC Inanna (left displayed on the Ishtar Vase) (/ɪˈnɑːnə/ or /ɪˈnænə/; Cuneiform: (Old Babylonian) or (Neo-Assyrian) ᵈMUŠ; Sumerian: Inanna; Akkadian: Ištar; Unicode: U+12239) was the Sumerian goddess of love, beauty, sexual desire, fertility, knowledge, wisdom, war, and combat. Symbols; Sky, Clouds, Wars, Birth, Skin. was the most prominent female deity in ancient Mesopotamia.[1] As early as the Uruk period (ca. 4000–3100 BC), Inanna was associated with the city of Uruk. The famous Uruk Vase (found in a deposit of cult objects of the Uruk III period) depicts a row of naked men carrying various objects, bowls, vessels, and baskets of farm products, and bringing sheep and goats, to a female figure facing the ruler. This figure was ornately dressed for a divine marriage, and attended by a servant.

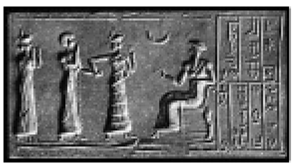


3200 – 2700 BC (Jemdet Nasr period in Mesopotamia)– Proto-Elamite Script – It is uncertain whether the Proto-Elamite script was the direct predecessor of Linear Elamite. Both scripts remain largely undeciphered, and it is mere speculation to postulate a relationship between the two.

2750-2600 BC – Votive figure of standing male worshiper, 2750-2600 B.C. (when Enlil was considered the most powerful god). Found in the remains of the "square temple" at Eshnunna (modern Tell Asmar)

2500 BC – (right figure) A neolithic Sardinianmenhir recovered at Laconi and assigned to the Abealzu-Filigosa culture

2700–2150 BC- (left figure) Kurgan stelae (Mongolian: хүн чулуу; Russian: каменные бабы; Ukrainian: Баби кам'яні "stone babes"; Kypчак: балбал) or Balbals (балбал balbal, most probably from a Turkic word balbal meaning "ancestor" or "grandfather" or the Mongolic word "barimal" which means "handmade statue") are anthropomorphic stone stelae, images cut from stone, installed atop, within or around kurgans (i.e. tumuli), in kurgan cemeteries, or in a double line extending from a kurgan. The stelae are also described as "obelisks" or "statue menhirs".
Spanning more than three millennia, they are clearly the product of various cultures. The earliest are associated with the Pit Grave culture of the Pontic-Caspian steppe (and therefore with the Proto-Indo-Europeans according to the mainstream Kurgan hypothesis. There are Iron Age specimens are identified with the Scythians and medieval examples with Turkic peoples.Such stelae are found in large numbers in Southern Russia, Ukraine, Prussia, southern Siberia, Central Asia, Turkey and Mongolia. Purpose; Anthropomorphic stelae were probably memorials to the honoured dead.[4] They are found in the context of burials and funeral sanctuaries from the Eneolithic through to the Middle Ages. Ivanovovsky reported that Tarbagatai Torgouts (Kalmyks) revered kurgan obelisks in their country as images of their ancestors, and that when a bowl w as held by the statue, it was to deposit a part of the ashes after the cremation of the deceased, and another part was laid under the base of the statue.[5]



2600-2100 BC – Sin or Nanna – was the god of the moon in the Mesopotamian mythology of Akkad Assyria and Babylonia. Nanna is a sumerian deity, the son of Enlil and Ninlil, and became identified with Semitic Sin
The Semitic moon god Su'en/Sin is in origin a separate deity from Sumerian Nanna, but from the Akkadian Empire period the two undergo syncretization and are identified. The occasional Assyrian spelling of ᵈNANNA-ar Su'en-e is due to association with Akkadian na-an-na-ru "illuminator, lamp", an epitheton of the moon

god. The name of the Assyrian moon god Su'en/Sîn is usually spelled as ^{d}EN.ZU, or simply with the numeral 30. ^{d}XXX

2900-1759 BC – Mari – Ancient Semitic city in Syria. Its remains constitute a tell located 11 kilometers north-west of Abu Kamal on the Euphrates river western bank, some 120 kilometers southeast of Deir ez-Zor. It flourished as a trade center and hegemonic state between 2900 BC and 1759 BC.As a purposely built city, the existence of Mari was related to its position in the middle of the Euphrates trade routes; this position made it an intermediary between Sumer in the south and the Levant in the west. http://en.wikipedia.org/wiki/Mari

2613-2589 BC - Sneferu (also read Snefru or Snofru), well known under his Hellenized name Soris (by Manetho), was the founding monarch of the 4th dynasty during the Old Kingdom. Estimates of his reign vary, with for instance *The Oxford History of Ancient Egypt* suggesting a reign from around 2613 BC to 2589 BC,[4] a reign of 24 years, while Rolf Krauss suggests a 30-year reign,[5] and Stadelmann a 48-year reign.[6] He built at least three pyramids that survive to this day and introduced major innovations in the design and construction of pyramids in Ancient Egypt.

2600 BC – Oldest Papyrus 'Wadi al-Jard Papyri' about pyramid construction. Its hieroglyphs record the quarrying at Tura, near Cairo, of limestone blocks which were "probably used for the external casing of the Great Pyramid," speculate Tallet and Marouard when discussing their discoveries. The fragments also describe the transportation of the limestone blocks over the course of two or three days along the Nile by boat, and through a system of canals, to a construction site on the Giza plateau, which the fragments call "the Horizon of Khufu," an allusion to the Great Pyramid. There are descriptions of workers' pay, and the bringing of sheep to feed the workers at the Giza site. Covering a span of several months during the 27th year of Pharaoh Khufu's (also known as Cheops) 4th Dynasty reign, it lists in time-table, two-column form "various activities related to the construction of the Great Pyramid of Khufu at Giza and the limestone quarries on the opposite bank of the Nile."
https://en.wikipedia.org/wiki/List_of_ancient_Egyptian_papyri#Wadi_al-Jarf_papyri

2575 BC - (right figure) Princess Nefertiabet's funerary slab stele, from Egypt's 4th dynasty

2540 BC - (left figure) Slab stele from mastaba tomb of Itjer at Giza, 4th Dynasty, 2543-2435 BC. Itjer is seated at a table with slices of bread, shown vertical by convention. Egyptian Museum, Turin

2400 BC - first documented Circumcision in art form by the Egyptians. Found in an Egyptian tomb built for Ankhmabor in Saqqara and dating to around 2400 B.C., this image displays an Egyptian circumcision.

2400 BC - Cuneiform list of Sumerian Deities with Enlil first (in the top right), represented by the sign of a sun disc

2400 BC - Statue of Ebih-Il

a 25th-century BC statue of the praying figure of Ebih-Il, superintendent of the ancient city-state of Mari in eastern Syria. Close-up of the lapis lazuli inlays in the 25th-century BC Statue of Ebih-Il

2350 BC Pyramid texts expressing desire for immortality The Pyramid Texts are a collection of ancient Egyptian religious texts from the time of the Old Kingdom. Written in Old Egyptian, the pyramid texts were carved on the walls and sarcophagi of the pyramids at Saqqara during the 5th and 6th Dynasties of the Old Kingdom. The oldest of the texts have been dated to between ca. 2400–2300 BC.[1] Unlike the later Coffin Texts and Book of the Dead, the pyramid texts were reserved only for the pharaoh and were not illustrated.[2] Following the earlier Palermo Stone, the pyramid texts mark the next-oldest known mention of Osiris, who would become the most important deity associated with afterlife in the Ancient Egyptian religion.[3]

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2400 BC – The Osiris tale is the most elaborate and influential story in ancient Egyptian mythology. It concerns the murder of the god Osiris, a primeval king of Egypt, and its consequences. Osiris's murderer, his brother Set, usurps his throne. Meanwhile, Osiris's wife Isis restores her husband's body, allowing him to posthumously conceive a son with her. The remainder of the story focuses on Horus, the product of the union of Isis and Osiris, who is at first a vulnerable child protected by his mother and then becomes Set's rival for the throne. Their often violent conflict ends with Horus's triumph, which restores order to Egypt after Set's unrighteous reign and completes the process of Osiris's resurrection. The myth, with its complex symbolism, is integral to the Egyptian conceptions of kingship and succession, conflict between order and disorder, and especially death and the afterlife. It also expresses the essential character of each of the four deities at its center, and many elements of their worship in ancient Egyptian religion were derived from the myth.

2500 BC – ebla tablets - ⅔ now lost.

- And telling of 'first city of eridu 'mighty place, guidance place' - creation story and original "tower of babylon' - egyptologist david rohl
- Creation of language, merging point of 3 humans, hunter gatherer sheep herders,
- Translation and creation story origin
- Show that beer was produced in the city Dumper, Stanley. 2007, p.141

2270 BC – List of the victories of Rimush, king of Akkad, upon Abalgamash, king of Marhashi, and upon Elamitemonumental inscription, +– ca. 2270 BC

2270-2255 BC – The Manishtushu Obelisk is a diorite, four-sided stele. The stele is obelisk-shaped, as well as it narrows upward to its (damaged) top, in a pyramidal-form. The obelisk was made by Manishtushu, son of Sargon the Great, of the Akkadian Empire, who ruled circa 2270-2255 BC. *"From mountains beyond the 'lower sea' (Persian Gulf), he took black stones; he loaded [them] on boats and docked [them] on the quay at Akkad. He fashioned his statue [and] dedicated [it] to Enki"*[6] The obelisk text is a legal record that records the distribution of four parcels of land, in large estates, and its allotment to his officers, for his control of Kish

2254-2218 BC – Victory Stele of Naram-Sin →

2144 - 2124 BC – During the time of Gudea (2144 - 2124 BC), many hymns to Nanshe appeared showing her in an elevated position in the pantheon. She was the widely worshiped goddess of social justice. She nurtured orphans, provided for widows, gave advice to those in debt, and took in refugees from war torn areas.[8]

2100 BC – Impression of the cylinder seal of Ḫašḫamer, ensi (governor) of Ikkun-Sîn ca. 2100 BC. The seated figure is probably king Ur-Namma, bestowing the governorship on Ḫašḫamer, who is led before him by a lamma (protective goddess). Sîn/Nanna himself is indicated in the form of a crescent.

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2100 BC – The *Epic of Gilgamesh* is an epic poem from ancient Mesopotamia that is often regarded as the earliest surviving great work of literature. The literary history of Gilgamesh begins with five Sumerian poems about 'Gilgamesh' (Sumerian for 'Gilgamesh'), king of Uruk, dating from the Third Dynasty of Ur (circa 2100 BC)

2100 BC – The 'libation vase of Gudea' with the dragon Mushussu, dedicated to Ningishzida The caduceus is interpreted as depicting the god himself. →

The Coffin Texts are a collection of ancient Egyptian funerary spells written on coffins beginning in the First Intermediate Period. They are partially derived from the earlier Pyramid Texts, reserved for royal use only, but contain substantial new material related to everyday desires, indicating a new target audience of common people. Ordinary Egyptians who could afford a coffin had access to these funerary spells and the pharaoh no longer had exclusive rights to an afterlife.[1][2]

42 Negative Confessions (Papyrus of Ani)

From the Papyrus of Ani.

I have not committed sin.
I have not committed robbery with violence.
I have not stolen.
I have not slain men and women.
I have not stolen grain.
I have not purloined offerings.
I have not stolen the property of the gods.
I have not uttered lies.
I have not carried away food.
I have not uttered curses.
I have not committed adultery.
I have made none to weep.
I have not eaten the heart [i.e., I have not grieved uselessly, or felt remorse].
I have not attacked any man.
I am not a man of deceit.
I have not stolen cultivated land.
I have not been an eavesdropper.
I have slandered [no man].
I have not been angry without just cause.
I have not debauched the wife of any man.
I have not debauched the wife of [any] man. (repeats the previous affirmation but addressed to a different god).
I have not polluted myself.
I have terrorized none.
I have not transgressed [the Law].
I have not been wroth.
I have not shut my ears to the words of truth.
I have not blasphemed.
I am not a man of violence.
I am not a stirrer up of strife (or a disturber of the peace).
I have not acted (or judged) with undue haste.
I have not pried into matters.
I have not multiplied my words in speaking.
I have wronged none, I have done no evil.
I have not worked witchcraft against the King (or blasphemed against the King).
I have never stopped [the flow of] water.
I have never raised my voice (spoken arrogantly, or in anger).
I have not cursed (or blasphemed) God.
I have not acted with evil rage.
I have not stolen the bread of the gods.
I have not carried away the khenfu cakes from the spirits of the dead.
I have not snatched away the bread of the child, nor treated with contempt the god of my city.
I have not slain the cattle belonging to the god.[32][31]

Weighing of the Heart Book of the Dead written on papyrus showing the "Weighing of the Heart" in the Duat using the feather of Maat as the measure in balance

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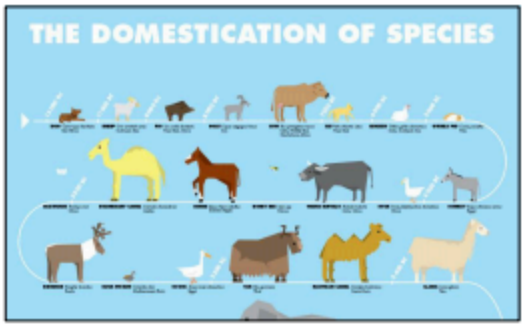
2100 BC – King Shulgi 'Now, I swear by the sun god Utu on this very day – and my younger brothers shall be witness of it in foreign lands where the sons of Sumer are not known, where people do not have the use of paved roads, where they have no access to the written word – that I, the firstborn son, am a fashioner of words, a composer of songs, a composer of words, and that they will recite my songs as heavenly writings, and that they will bow down before my words....."
King Shulgi (c. 2100 BC) on the future of Sumerian literature.
The Electronic Text Corpus of Sumerian Literature is based at the University of Oxford. Its aim is to make accessible, via the World Wide Web, over 400 literary works composed in the Sumerian language in ancient Mesopotamia during the late third and early second millennia BC. -http://etcsl.orinst.ox.ac.uk/index1.htm http://etcsl.orinst.ox.ac.uk/

~ 2000 BC – Hymn to Sky God Enlil – The hymn develops by relating Enlil founding and creating the origin of the city of Nippur and his organization of the earth.[33] In contrast to the myth of Enlil and Ninlil where the city exists before creation, here Enlil is shown to be responsible for its planning and construction, suggesting he surveyed and drew the plans before its creation:

"When you mapped out the holy settlement on the earth, You built the city Nippur by yourself, Enlil. The Kiur, your pure place, in the Duranki, in the middle of the four quarters of the earth, you founded it. Its soil is the life of the land (Sumer)"[34]
The hymn moves on from the physical construction of the city and gives a description and veneration of its ethics and moral code:

"The powerful lord, who is exceedingly great in heaven and earth, who knows judgement, who is wise. He of grea wisdom takes his seat in the Duranki, in princeship he makes the Kiur, the great place, come forth radiantly. In Nippur, the "bond" of heaven and earth, he establishes his place of residence. The City - its panorama is a terrifyin radiance. To him who speaks mightily it does not grant life. It permits no inimical word to be spoken in judgemer no improper speech, hostile words, hostility, and unseemingliness, no evil, oppression, looking askance, acting without regard, slandering, arrogance, the breaking of promises. These abominations the city does not permit. Th evil and wicked man do not escape its hand. The city, which is bestowed with steadfastness. For which righteousness and justice have been made a lasting possession."[a]



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1919-1875 - Goddess Seshat, ca. 1919-1875 B.C.E., 52.129 Brooklyn Museum

Seshat, under various spellings,[a] was the Ancient Egyptian goddess of wisdom, knowledge, and writing. She was seen as a scribe and record keeper, and her name means *she who scribes* (i.e. *she who is the scribe*), and is credited with inventing writing. She also became identified as the goddess of accounting, architecture, astronomy, astrology, building, mathematics, and surveying. These are all professions that relied upon expertise in her skills. She is identified as Safekh-Aabi in some late texts.[b]

In art, she was depicted as a woman with a seven-pointed emblem above her head. It is unclear what this emblem represents.[c][3][4][5] Pharaoh Tuthmosis III (1479-1425 BCE) called her Sefket-Abwy (She of seven points). Spell 10 of the Coffin Texts states "Seshat opens the door of heaven for you."

1800-1750 BC - The Burney Relief (Queen of the Night)

1806-1802 BC - Sobekneferu (sometimes written "Neferusobek") was an Egyptian woman reigning as pharaoh after the death of her brother Amenemhat IV. She was the last ruler of the Twelfth dynasty of Egypt and governed Egypt for almost four years from 1806 to 1802 BC.[a] Her name means "the beauty of Sobek." Sobekneferu was the first known woman reigning as pharaoh for which there is confirmed proof.

1800-1200 BC - Srubna Culture

https://en.wikipedia.org/wiki/Srubna_culture
Occupied area along above north shore of black sea
-> 800 BC Cimmerians https://en.wikipedia.org/wiki/Cimmerians

1809-1706 BC - Shamshi-Adad I - an Amorite who had conquered lands across much of Syria, Anatolia, and Upper Mesopotamia for the Old Assyrian Empire

1754 BC — 1721 BC - Assyrian imperial propaganda proclaimed the supremacy of Ashur and declared that the conquered peoples had been abandoned by their gods.

1800 BC Sumerian/Mesopotamian Tablet - Hymn to Ninkasi

1646 BC - Atra Hasis Tablets/Epic

- Flood Story,
- Epic of Gilgamesh taking a few from
- https://en.wikipedia.org/wiki/Atra-Hasis

1810-1750 BC - Hammurabi - the 6th king of the first babylonian dynasty. The lunette of the Code of Hammurabi - one of the earliest surviving codes of law in recorded history - Hammurabi (left) standing, depicted as receiving his law from the sun god Shamash (or possibly Marduk)

The Code of Hammurabi is the longest surviving text from the Old Babylonian period.[a] The code has been seen as an early example of a fundamental law, regulating a government — i.e., a primitive constitution.[a][b] The code is also one of the earliest examples of the idea of presumption of innocence, and it also suggests that both the

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accused and accuser have the opportunity to provide evidence.[a]

The code consists of 282 laws, with scaled punishments, adjusting "an eye for an eye, a tooth for a tooth" (*lex talionis*)[a] as graded depending on social status, of slave versus free man.[a] Nearly one-half of the code deals with matters of contract, establishing, for example, the wages to be paid to an ox driver or a surgeon. Other provisions set the terms of a transaction, establishing the liability of a builder for a house that collapses, for example, or property that is damaged while left in the care of another. A third of the code addresses issues concerning household and family relationships such as inheritance, divorce, paternity, and sexual behavior. Only one provision appears to impose obligations on an official; this provision establishes that a judge who reaches an incorrect decision is to be fined and removed from the bench permanently.[a] A few provisions address issues related to military service.

Example laws in Hammurabi's code

(Text taken from Harper's translation, readable on wikisource)

- § 8 – If any one steal cattle or sheep, or an ass, or a pig or a goat, if it belong to a god or to the court, the thief shall pay thirtyfold therefor; if they belonged to a freed man of the king he shall pay tenfold; if the thief has nothing with which to pay he shall be put to death.
- § 21 – If a man make a breach in a house, they shall put him to death in front of that breach and they shall thrust him therein.
- § 55 – If a man open his canal for irrigation and neglect it and the water carry away an adjacent field, he shall measure out grain on the basis of the adjacent fields.
- § 59 – If a man cut down a tree in a man's orchard, without the consent of the owner of the orchard, he shall pay one-half mina of silver.
- § 168 – If a man set his face to disinherit his son and say to the judges: "I will disinherit my son," the judges shall inquire into his antecedents, and if the son have not committed a crime sufficiently grave to cut him off from sonship, the father may not cut off his son from sonship.
- § 169 – If he have committed a crime against his father sufficiently grave to cut him off from sonship, they shall condone his first (offense). If he commit a crime a second time, the father may cut off his son from sonship.
- § 195 – If a son strike his father, they shall cut off his fingers.
- § 196–201 – If a man destroy the eye of another man, they shall destroy his eye. If one break a man's bone, they shall break his bone. If one destroy the eye of a freeman or break the bone of a freeman he shall pay one mana of silver. If one destroy the eye of a man's slave or break a bone of a man's slave he shall pay one-half his price. If a man knock out a tooth of a man of his own rank, they shall knock out his tooth. If one knock out a tooth of a freeman, he shall pay one-third mana of silver.
- § 218–219 – If a physician operate on a man for a severe wound with a bronze lancet and cause that man's death; or open an abscess (in the eye) of a man with a bronze lancet and destroy the man's eye, they shall cut off his fingers. If a physician operate on a slave of a freeman for a severe wound with a bronze lancet and cause his death, he shall restore a slave of equal value.
- § 229–232 – If a builder build a house for a man and do not make its construction firm, and the house which he has built collapse and cause the death of the owner of the house, that builder shall be put to death. If it cause the death of a son of the owner of the house, they shall put to death a son of that builder. If it cause the death of a slave of the owner of the house, he shall give the owner of the house a slave of equal value. If it destroy property, he shall restore whatever it destroyed, and because he did not make the house which he built firm and it collapsed, he shall rebuild the house which collapsed from his own property (i.e., at his own expense).

1800 BC - A green jasper seal with Cretan hieroglyphs. 1800 BC

1629 - 1628 BC - The London Medical Papyrus is an ancient Egyptian papyrus in the British Museum, London, England. The writings of this papyrus are of 61 recipes, of which 25 are classified as medical the remainder are of magic.[a] The

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medical foci of the writing are skin complaints, eye complaints, bleeding,[a] predominantly with the intent of preventing miscarriage through magical methods) and burns.[a][b] The papyrus was first published in 1912 in Leipzig by Walter Wreszinski.[a]

The papyrus is also known as Berl EA 10059.[a]

The papyrus is linked to fallout from the Bronze Age Santorini volcanic eruption, also referred to as the Minoan eruption,[a] dated to 1629–1628 BCE.[a][b]

1600 BC - The Edwin Smith Papyrus is an ancient Egyptian medical text, named after the dealer who bought it in 1862, and the oldest known surgical treatise[a] on trauma. This document, which may have been a manual of military surgery, describes 48 cases of injuries, fractures, wounds, dislocations and tumors.[a] It dates to Dynasties 16–17 of the Second Intermediate Period in ancient Egypt, c. 1600 BCE.[a][b] The Edwin Smith papyrus is unique among the four principal medical papyri in existence[a] that survive today. While other papyri, such as the Ebers Papyrus and London Medical Papyrus, are medical texts based in magic, the Edwin Smith Papyrus presents a rational and scientific approach to medicine in ancient Egypt,[a][c] in which medicine and magic do not conflict. Magic would be more prevalent had the cases of illness been mysterious, such as internal disease.[a]

The Edwin Smith papyrus is a scroll 4.68 meters or 15.3 feet in length. The recto (front side) has 377 lines in 17 columns, while the verso (backside) has 92 lines in five columns. Aside from the fragmentary outer column of the scroll, the remainder of the papyrus is intact, although it was cut into one-column pages some time in the 20th century.[a][b] It is written right-to-left in hieratic, the Egyptian cursive form of hieroglyphs, in black ink with explanatory glosses in red ink. The vast majority of the papyrus is concerned with trauma and surgery, with short sections on gynaecology and cosmetics on the verso.[a] On the recto side, there are 48 cases of injury. Each case details the type of the injury, examination of the patient, diagnosis and prognosis, and treatment.[a][c–e] The verso side consists of eight magic spells and five prescriptions. The spells of the verso side and two incidents in Case 8 and Case 9 are the exceptions to the practical nature of this medical text.[a][b] Generic spells and incantations may have been used as a last resort in terminal cases.[f]

1600 BC - The Nebra Sky Disk - The cluster of dots in the upper right portion of the disk is believed to be the Pleiades.

1550 BC - The Ebers Papyrus, also known as Papyrus Ebers, is an Egyptian medical papyrus of herbal knowledge dating to c. 1550 BC.

The Ebers Papyrus is written in hieratic Egyptian writing and contains the most voluminous record of ancient Egyptian medicine known. The scroll contains some 700 magical formulas and remedies. It contains many incantations meant to turn away disease-causing demons and there is also evidence of a long tradition of empiricism. The papyrus contains a "treatise on the heart". It notes that the heart is the center of the blood supply, with vessels attached for every member of the body. The Egyptians seem to have known little about the kidneys and made the heart the meeting point of a number of vessels which carried all the fluids of the body—blood, tears, urine and semen. Mental disorders are detailed in a chapter of the papyrus called the Book of Hearts. Disorders such as depression and dementia are covered.

The descriptions of these disorders suggest that Egyptians conceived of mental and physical diseases in much the same way. The papyrus contains chapters on contraception, diagnosis of pregnancy and other gynecological matters, intestinal disease and parasites, eye and skin problems, dentistry and the surgical treatment of abscesses and tumors, bone-setting and burns.

Examples of remedies in the Ebers Papyrus include:

Cancer
Recounting a "tumor against the god Xenus", it recommends "do thou nothing there against".[2]
Birth control
To prevent conception, smear a paste of dates, acacia, and honey to wool and apply as a pessary.[3]
Diabetes mellitus
Drink a mixture including elderberry, ash plant fibers, milk, beer-swill, cucumber flowers and green dates.[4]
Dracunculiasis (Guinea worm)
Wrap the emerging end of the worm around a stick and slowly pull it out. (3,500 years later, this remains the standard treatment.)[5]

1450 BC - Linear B *in the Linear B Mycenean Greek tablets of c. 1400–1200 BC found at Pylos, the Two mistresses and the king" may be related with Demeter, Persephone and Poseidon*

Linear B has roughly 200 signs, divided into syllabic signs with phonetic values and ideograms with semantic values.

1400 BC - Olmec Culture

The rise of civilization was assisted by the local ecology of well-watered alluvial soil, as well as by the transportation network provided by the Coatzacoalcos River basin. This environment may be compared to that of other ancient centers of civilization: the Nile, Indus, and Yellow River valleys, and Mesopotamia.

Scholars have yet to determine the cause of the eventual extinction of the Olmec culture. Between 400 and 350 BCE, the population in the eastern half of the Olmec heartland dropped precipitously, and the area was sparsely inhabited until the 19th century

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1400 BC - Baal with Thunderbolt - a Ugaritic stele from Syria

1353 – 1336 BC - Reign of Akhenaten Amenhotep IV

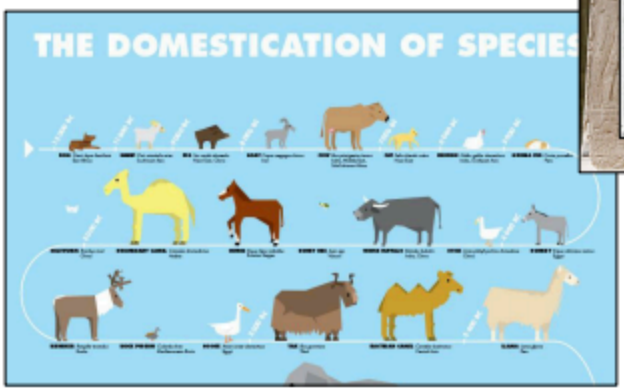
ruled for 17 years and died perhaps in 1336 BC or 1334 BC. He is especially noted for abandoning traditional Egyptian polytheism and introducing worship centered on the Aten, which is sometimes described as monolatristic, henotheistic, or even quasi-monotheistic. An early inscription likens the Aten to the sun as compared to stars, and later official language awards calling the Aten a god, giving the solar deity a status above mere gods.

Akhenaten tried to bring about a departure from traditional religion, yet in the end it would not be accepted. After his death, his monuments were dismantled and hidden, his statues were terminated and his name was not to be included in the king lists.[6][7] Recent DNA analysis has revealed that with one of his biological sisters, the "Younger Lady" mummy, Akhenaten fathered Tutankhaten (later Tutankhamen) (Hawass, Paul (2010-10-19). "Ahnal Have Tut Died From Malaria, Broken Leg". ABC News)

Traditional religious practice was gradually restored, and when some dozen years later rulers without clear rights of succession from the 18th Dynasty founded a new dynasty, they discredited Akhenaten and his immediate successors, referring to Akhenaten himself as "the enemy" or "that criminal"

(<small>small statue of Akhenaten wearing the Egyptian Blue Crown of War</small>)

1341–1323 BC - Funeral Mask of Tutankhamun lapis lazuli was used for the eyebrows of the young Pharaoh. Tutankhamun was slight of build, and was roughly 180 cm (5 ft 11 in) tall.[8][9] He had large front incisors and an overbite characteristic of the Thutmosid royal line to which he belonged. Between September 2007 and October 2008, various mummies were subjected to detailed anthropological, radiological, and genetic studies as part of the King Tutankhamun Family Project. The research showed that Tutankhamun also had "a slightly cleft palate"[10] and possibly a mild case of scoliosis, a medical condition in which the spine deviates to the side from the normal position. Examination of Tutankhamun's body has also revealed deformations in his left foot, caused by necrosis of bone tissue. The affliction may have forced Tutankhamun to walk with the use of a cane, many of which were found in his tomb.[8][9] In DNA tests of Tutankhamun's mummy, scientists found DNA from the mosquito-borne parasites that cause malaria. This is currently the oldest known genetic proof of the disease. More than one strain of the malaria parasite was found, indicating that Tutankhamun contracted multiple malarial infections. According to National Geographic, "The



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malaria would have weakened Tutankhamun's immune system and interfered with the healing of his foot. These factors, combined with the fracture in his left thighbone, which scientists had discovered in 2005, may have ultimately been what killed the young king."

In February 2010, the results of DNA tests confirmed that he was the son of Akhenaten (mummy KV55). His mother was Akhenaten's sister and wife (mummy KV35YL), whose name is unknown but whose remains are positively identified as "The Younger Lady" mummy found in KV35.

1500-1300 BC – Ceremonial giant bronze dirk of the Plougrescant-Ommerschans type, Plougrescant, France

1250 BC – The Book of the Dead is an ancient Egyptian funerary text, based on the Papyrus of Ani, a papyrus manuscript with cursive hieroglyphs and color illustrations created c. 1250 BCE, in the 19th dynasty of the New Kingdom of ancient Egypt. used from the beginning of the New Kingdom (around 1550 BCE) to around 50 BCE.[1]

1200 BC – The Merneptah Stele, engraved on the back of a reused stele of Amenhotep III's, with the earliest mention of the name

1300-1000 BC - The Enuma Elish also know as the

Epic of Creation contains seven tablets describing the creation of humans. The Akkadian version of the "Epic of Gilgamesh" telling the story of a great flood along with other well-known stories consists of 12 tablets edited by Sin-liqe-unnini between 1300BC-1000BC. The image below left shows the Deluge Tablet from the series. The library contained texts on ritual, medicine, mathematics, and astrology, in addition to government documents, letters, contracts, and other items such as lists and study guides. The middle image shows the Venus astrological forecasts and the image on the right shows a tablet of synonyms.

The *Enûma Eliš* (Akkadian Cuneiform: 𒂍𒀭𒌓 𒋫𒇷𒇷𒅗 , also spelled "Enuma Elish"), is the Babylonian creation myth (named after its opening words). It was recovered by Austen Henry Layard in 1849 (in fragmentary form) in the ruined Library of Ashurbanipal at Nineveh (Mosul, Iraq), and published by George Smith in 1876.[1] The *Enûma Eliš* has about a thousand lines and is recorded in Old Babylonian on seven clay tablets, each holding between 115 and 170 lines of Sumero-Akkadian cuneiform script. Most of Tablet V has never been recovered but, aside from this lacuna, the text is almost complete.

This epic is one of the most important sources for understanding the Babylonian worldview, centered on the supremacy of Marduk and the creation of humankind for the service of the gods. Its primary original purpose, however, is not an exposition of theology or theogony but the elevation of Marduk, the chief god of Babylon, above other Mesopotamian gods.

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1250 BC – SHANG ORACLE BONES

1200 BC – The Gathas ("Hymns") of Zarathustra

The Gathas are 17 Avestan hymns believed to have been composed by Zarathushtra (Zoroaster) himself. They form the core of the Zoroastrian liturgy (the Yasna). They are arranged in five different modes or metres. The Avestan term gāθā ("hymn", but also "mode, metre") is cognate with Sanskritgatha, both from the Indo-Iranian root "gal "to sing".

The following excerpts are from the translation by Humbach & Ichaporia.[14]

Zoroaster asks Mazda for guidance -Where and which part of land shall I go to succeed? They keep me away from the family and the tribe. The community that I wish to join does not gratify me, nor do the deceitful tyrants of the lands. How shall I gratify you, O Mazda Ahura? (46.1)

Zoroaster asks Mazda for blessings - I approach you with good thought, O Mazda Ahura, so that you may grant me (the blessing) of two existences (i.e. physically and mentally), the material and that of thought, the blessing emanating from Truth, with which one can put (your) support in comfort. (28.2) - With these entreaties, O Mazda Ahura, may we not anger you, nor Truth or Best Thought, we who are standing at the offering of praises to you. You are the swiftest (bringer of) invigorations, and (you hold) the power over benefits.- I ask you, O Ahura, about the punishment for the evil-doer who delegates power to the deceitful one and who does not find a livelihood without injury to the cattle and men of undeceiving herdsman. - Grant us (a share) of it both this (material) existence and the spiritual one, that (share) of it through which we may come (and be in) Your shelter and that of Truth, for all time. (41.6) - Let good rulers assume rule (over us), with actions of Good Insight, O right mindedness. Let not bad rulers assume rule over us. The best (insight), which purifies progeny

for mankind, let it also be applied to the cow. Her You breed for us for food. (48.5)

Rhetorical questions posed by Zoroaster - This I ask you, O Ahura, tell me truly: Of what kind is the first (stage) of Best Existence? The desired one who implements it so that we may enjoy benefit, that one indeed, holy through truth, watching with His spirit the outcome left for all, is the healer of existence, (our) ally, (you), O Mazda. (44.2) - This I ask you, O Ahura, tell me truly: Who, by procreation, is the primal father of Truth? Who created the course of the sun and stars? Through whom does the moon wax and wane? These very things and others I wish to know, O Mazda. (44.3)

Zoroaster to his own followers - Truth is best (of all that is) good. As desired, what is being desired is truth for him who (represents) the best truth. (27.14) - The person who is pure-in-heart towards me, I for my part assign to him the best things in my command, through Good Thought, but harm to him who schemes to harm us. O Mazda, thereby gratifying your will by Truth. Such is the discrimination made by my intellect and thought.

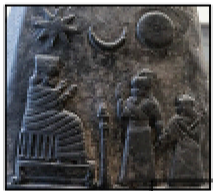
Zoroaster to the followers of the druj - Brilliant things instead of weeping will be (the reward) for the person who comes to the truthful one. But a long period of darkness, foul food, and the word 'woe' – to such an existence your religious view will lead you, O deceitful ones, of your own actions. (31.20)

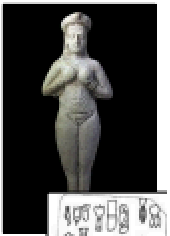
(http://www.avesta.org/gathas.htm)

"The prophet Zarathushtra, son of Pourushaspa, of the Spitaman family, is known to us primarily from the Gathas, seventeen great hymns which he composed and which have been faithfully preserved by his community. These are not works of instruction, but inspired, passionate utterances, many of them addressed directly to God; and their poetic form is a very ancient one, which has been traced back (through Norse parallels) to Indo-European times. It seems to have been linked with a mantic tradition, that is, to have been cultivated by priestly seers who sought to express in lofty words their personal apprehension of the divine; and it is marked by subtleties of allusion, and great richness and complexity of style. Such poetry can only have been fully understood by the learned; and since Zoroaster believed that he had been entrusted by God with a message for all mankind, he must also have preached again and again in plain words to ordinary people. His teachings were handed down orally in his community from generation to generation, and were at last committed to writing under the Sasanians, rulers of the third Iranian empire. The language then spoken was Middle Persian, also called Pahlavi; and the Pahlavi books provide invaluable keys for interpreting the magnificent obscurities of the Gathas themselves." - *Zoroastrians, Their religious beliefs and practices*, London, 1979, pg 17.

1200 BC - molded terra cotta figurine discovered at Susa, probably depicting a goddess related to Ishtar

1200 BC - Emblems of Ishtar (Venus), Sin (Moon) and Shamash (Sun) on a Boundary Stone of Melishipak II





1100 BC - Estela c de tres zapotes - mesoamérica

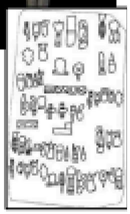
http://www.ancient-wisdom.com/mexicotreszapotes.htm

1100 - 900 BC - Cascajal Block

Olmec

A highly elaborate Mesoamerican culture on the Mexican gulf coast which was at its height from 1200 to 600 B.C. The Olmec influenced the rise and development of the other great civilizations of Mesoamerica, such as the Maya, and were probably the first to develop large religious and ceremonial centres with temple mounds, monumental sculptures, massive altars, and sophisticated systems of drains and lagoons. The Olmec were probably also the first Mesoamericans to devise glyph writing and the 260-day calendar.

many "firsts", including the bloodletting and perhaps human sacrifice, writing and epigraphy, and the popcorn, zero and the Mesoamerican calendar, and the Mesoamerican ballgame, as well as perhaps the compass



Invention of

1700-

Whitney Routledge. p.

1100 BC - Vedas - 'The samhitas date to' Lucas F. Johnston, Bauman (2014). *Science and Religion: One Planet, Many Possibilities.* 179.

1000 BC - Dharmasastra

Castes (varna) Varna system in Dharma-sastras divide the

society into four varnas (Brahmins, Kshatriyas, Vaishya and Shudras), those who fall out of this system because of their grievous sins are ostracised as outcastes (untouchables) and considered outside the Varna system.[14][15] Barbarians and those who are unrighteous, unethical are also considered patita (outside the varna system, outcastes) in Dharma texts.

constituting divergent commentaries and treatises on duties, responsibilities and ethics to oneself, to family and as a member of society

The Dharmasutras can be called the guidebooks of dharma as they contain guidelines for individual and social behavior, ethical norms, as well as personal, civil and criminal law

Śruti "that which is heard" the four Vedas - the Samhitas, the Brahmanas, the Aranyakas and the early Upanishads

Smriti "that which is remembered," Sanskrit word from the root 'Smara (स्मर)', which means "remembrance, reminiscence, thinking of or upon, calling to mind", or simply "memory". includes, but is not limited to the six Vedāngas (the auxiliary sciences in the Vedas), the epics (*the Mahābhārata and Rāmāyana*), *the Dharmasūtras and Dharmaśāstras (or Smritiśāstras), the Arthasaśāstras, the Purānas, the Kāvya or poetical literature, extensive Bhasyas* (reviews and commentaries on Shrutis and non-Shruti texts), and numerous *Nibandhas (digests) covering politics, ethics (Nitisastras),[4] culture, arts and society*

1. *The six Vedāngas (grammar, meter, phonetics, etymology, astronomy and rituals)*
2. *The Itihasa (literally means "so indeed it was"), Epics (the Mahābhārata and Rāmāyana)*
3. *The texts on the four proper goals or aims of human life*
    1. *Dharma: These texts discuss dharma from various religious, social, duties, morals and personal ethics perspective. [illegible]*
    2. *Artha: Artha-related texts discuss artha from individual, social and as a compendium of economic policies, politics and laws. [illegible]*
    3. *Kama: These discuss arts, emotions, love, erotics, relationships and other sciences in the pursuit of pleasure. [illegible]*
    4. *Moksha: These develop and debate the nature and process of liberation, freedom and spiritual release. [illegible]*
4. *The Puranas (literally, "of old")*
5. *The Kāvya or poetical literature*
6. *The extensive Bhasyas (reviews and commentaries on Shrutis and non-Shruti texts)*
7. *The sutras and shastras of the various schools of Hindu philosophy*
8. *The numerous Nibandhas (digests) covering politics, medicine (Caraka Samhita), ethics (Nitisastras), culture, arts and society*

911 BC The Neo-Assyrian Empire Was an Iron Age Mesopotamian empire, in existence between 911 and 612 BC.[1][2] The Assyrians perfected early techniques of imperial rule, many of which became standard in later empires - 'Mesopotamia' Limiting education for priests and warriors, maintaining control

900-400 BC *Mahabharata*

Value in the context of world civilization to that of the Bible, the works of Shakespeare, the works of Homer, Greek drama, or the Qur'an

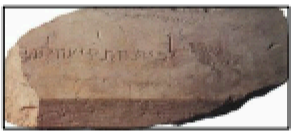
Arjuna, assuras (demons), conversation by god telling him to go to war.. Justifying

872 - 772 BC - Parshvanatha (Pārśvanātha), also known as Parshva (Pārśva), was the twenty-third Tirthankara of Jainism. He is the earliest Jain leader for whom there is reasonable evidence of having been a historical figure (Zimmer 1952, p. 183)

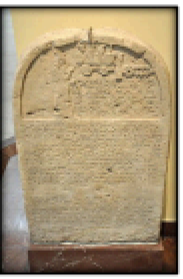
700 BC -

Construction of the First Temple 'Temple of Solomon' - Archaeological excavations have found remnants of both the First Temple and Second Temple. Among the artifacts of the First Temple are dozens of ritual immersion or baptismal pools in this area surrounding the Temple Mount,[24] as well as a large square platform identified by architectural archaeologist Leen Ritmeyer as likely being built by king Hezekiah c. 700 BCE as a gathering area in front of the Temple.[25]

Possible Second Temple artifacts include the Trumpeting Place inscription and the Temple Warning inscription, which are surviving pieces of the Herodian expansion of the Temple Mount.



706 - 656 BC - Egyptian grave stela of Nehemes-Ra-tawy,

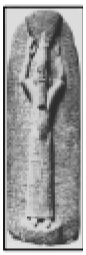


705 - 681 BC - Reign of Assyrian King Sennacherib (Akkadian, "Sin has replaced the brothers")

He is principally remembered for his military campaigns against Babylon and Judah, and for his building programs - most notably at the Akkadian capital of Nineveh.[2] He was assassinated in obscure circumstances in 681 BCE,[3] apparently by his eldest son (his designated successor, Esarhaddon, was the youngest)

The primary preoccupation of his reign was the so-called "Babylonian problem", the refusal of the Babylonians to accept Assyrian rule, culminating in his destruction of the city in 689 BCE

695 BC - Sennacherib wrote of Babylon: "Its inhabitants, young and old, I did not spare, and with their corpses I filled the streets of the city." A full and characteristic set shows the campaign leading up to the siege of Lachish in 701; it is the "finest" from the reign of Sennacherib, and now in the British Museum.[13] He later wrote about a battle in Lachish: "And Hezekiah of Judah who had not submitted to my yoke...him I shut up in Jerusalem his royal city like a caged bird. Earthworks I threw up against him, and anyone coming out of his city gate I made pay for his crime. His cities which I had plundered I had cut off from his land." Time Life Lost Civilizations series: Mesopotamia: The Mighty Kings. (1995)



669-627 BC - Reign of Ashurbanipal, construction of the Library of Ashurbanipal / Nineveh http://[illegible]

Acquisition through war - Ashurbanipal collected texts from all over Mesopotamia including materials that were acquired in war. Because accession lists were maintained, it's possible to identify sources of acquisitions including large collections such as 2000 tablets acquired near the date when Babylon was controlled. Notes indicated collections such as "in all, 125 tablets" (Casson, 2001).

The British Museum's collections database counts 30,943 "tablets" in the entire Nineveh library collection, and the Trustees of the Museum propose to issue an updated catalogue as part of the Ashurbanipal Library Project.

- Writings on war 'persians ride horse, use bow, speak truth' -herodotus
- Uncle's murder grandfather, house of succession
- The royal lion hunt

616 BC - Assyria was attacked by its own former vassals, the Babylonians, Chaldeans, Medes, Persians, Scythians and Cimmerians. In about 616 BC Kalhu was sacked,

612 BC - Nineveh was destroyed by a coalition of Babylonians, Scythians and Medes, an ancient Iranian people. It is believed that during the burning of the palace, a great fire must have ravaged the library, causing the clay cuneiform tablets to become partially baked. Ironically, this potentially destructive event helped preserve the tablets.

605 BC - The Assyrian Empire Comes to an End, The Medes and Babylonians dividing its colonies between them. Nineveh's greatness was short-lived. In around 627 BC, after the death of its last great king Ashurbanipal, the Neo-Assyrian empire began to unravel through a series of bitter civil wars between rival claimants for the throne, and in 616 BC the allied forces eventually reached Nineveh, besieging and sacking the city in 612 BC, following bitter house-to-house fighting, after which it was razed to the ground. Most of the people in the city who could not escape to the last Assyrian strongholds in the north and west were either massacred or deported out of the city and into the countryside where they founded new settlements. Many unburied skeletons were found by the archaeologists at the site.

595 BC - Nebo - Sarsekim Tablet - a clay cuneiform inscription referring to an official at the court of Nebuchadrezzar II, king of Babylon. It may also refer to an official named in the Biblical Book of Jeremiah.

The tablet is a clay cuneiform inscription (2.13 inches; 5.5 cm) with the following translation[Regarding] 1.5 minas (0.75 kg) of gold, the property of Nebo-sharrussu-ukin, the chief eunuch, which he sent via Arad-Banitu the eunuch to [the temple] Esangila: Arad-Banitu has delivered [it] to Esangila. In the presence of Bel-usat, son of Alpaya, the royal bodyguard, [and of] Nadin, son of Marduk-zer-ibni. Month XI, day 18, year 10 [of] Nebuchadnezzar, king of Babylon.

According to Jeremiah (39:3 in the Masoretic Text; 46:3 in the Septuagint), an individual by this same name visited Jerusalem during the Babylonian conquest of it. The verse begins by stating that *all* the Babylonian officials sat authoritatively in the Middle Gate, then names several of them, and concludes by adding that all the other officials were there as well (implying that the named ones were the most well known).

599 - 527 BC - The *Kalpa Sūtra* (Sanskrit: कल्पसूत्र) is a Jain text containing the biographies of the Jain Tirthankaras, notably Parshvanatha and Mahavira, including the latter's Nirvāṇa.[1] Bhadrabahu I is considered the author of the text and it is traditionally said to have been composed about one hundred and fifty years after the Nirvāṇa of Mahavira (traditionally 599 – 527 BCE).[2]

551-479 BC - Confucius (/kənˈfjuːʃəs/; September 28, 551 BC – 479 BC)[1][2] was a Chinese teacher, editor, politician, and philosopher of the Spring and Autumn period of Chinese history.

The philosophy of Confucius emphasized personal and governmental morality, correctness of social relationships, justice and sincerity. His followers competed successfully with many other schools during the Hundred Schools of Thought era only to be suppressed in favor of the Legalists during the Qin Dynasty. Following the victory of Han over Chu after the collapse of Qin, Confucius's thoughts received official sanction and were further developed into a system known in the West as Confucianism.

Confucius is traditionally credited with having authored or edited many of the Chinese classic texts including all of the Five Classics, but modern scholars are cautious of attributing specific assertions to Confucius himself. Aphorisms concerning his teachings were compiled in the *Analects* but only many years after his death.

Confucius's principles had a basis in common Chinese tradition and belief. He championed strong family loyalty, ancestor veneration, and respect of elders by their children and of husbands by their wives. He also recommended family as a basis for ideal government. He espoused the well-known principle "Do not do to others what you do not want done to yourself", the Golden Rule.

Confucius is also a traditional deity in Daoism.

A portrait of Confucius by the Tang dynasty artist Wu Daozi (680–740)

550 BC - King Darius
Controlled 44% of world population
Bible, daniel in the lions den
The Achaemenid Empire during Darius' reign controlled the largest fraction of the world's population of any empire in history. Based on historical demographic estimates, Darius I ruled over approximately 50 million people, or at least 44% of the world's population

Not much writing survives history, but it can be estimated humans humans invented language in eridu, the collaboration of individuals the creation of 'babel' and then the subsequent alteration of ancient facts to retell a story in attempt to control a population

The Behistun Inscription (also Bisotun, Bistun or Bisuturi; Persian: بیستون, Old Persian: Bagastana, meaning "the place of god") is a multilingual inscription and large rock relief on a cliff at Mount Behistun in the Kermanshah Province of Iran, near the city of Kermanshah in western Iran.

Modern-day picture of the inscription

Authored by Darius the Great sometime between his coronation as king of the Persian Empire in the summer of 522 BC and his death in autumn of 486 BC, the inscription begins with a brief autobiography of Darius, including his ancestry and lineage. Later in the inscription, Darius provides a lengthy sequence of events following the deaths of Cyrus the Great and Cambyses II in which he

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fought nineteen battles in a period of one year (ending in December 521 BC) to put down multiple rebellions throughout the Persian Empire. The inscription states in detail that the rebellions, which had resulted from the deaths of Cyrus the Great and his son Cambyses II, were orchestrated by several impostors and their co-conspirators in various cities throughout the empire, each of whom falsely proclaimed kinghood during the upheaval following Cyrus's death.

Darius the Great proclaimed himself victorious in all battles during the period of upheaval, attributing his success to the "grace of Ahura Mazda".

The inscription includes three versions of the same text, written in three different cuneiform script languages: Old Persian, Elamite, and Babylonian (a variety of Akkadian). The inscription is to cuneiform what the Rosetta Stone is to Egyptian hieroglyphs: the document most crucial in the decipherment of a previously lost script.

The inscription is approximately 15 metres high by 25 metres wide and 100 metres up a limestone cliff from an ancient road connecting the capitals of Babylonia and Media (Babylon and Ecbatana, respectively). The Old Persian text contains 414 lines in five columns; the Elamite text includes 593 lines in eight columns, and the Babylonian text is in 112 lines. The inscription was illustrated by a 5½-sized bas-relief of Darius I the Great, holding a bow as a sign of kingship, with his left foot on the chest of a figure lying on his back before him. The supine figure is reputed to be the pretender Gaumata. Darius is attended to the left by two servants, and nine one-meter figures stand to the right, with hands tied and rope around their necks, representing conquered peoples. Farvahar floats above, giving his blessing to the king. One figure appears to have been added after the others were completed, as was Darius's beard, which is a separate block of stone attached with iron pins and lead.

599-527 BC - Mahavira - *The 24th and last tirthankara (Maker of the River-Crossing, saviour, spiritual teacher. Tirthankara signifies the founder of a tirtha which means a fordable passage across the sea of interminable births and deaths (called samsāra))* of present half-cycle

According to Jain cosmology, in each half of the cosmic time cycle, exactly twenty-four *tirthankaras* grace this part of the universe.
559 BC - 651 AD Zoroastrianism **was the dominant world religion during the Persian empires and was thus the most powerful world religion at the time of Jesus.**
556 - 539 BC - King Nabonidus of Babylonia - *the Nabonidus Cylinder(s)* from sippar and from Ur *(4 in total)*
539 BC - *fall of Babylon* to the Persian king Cyrus the Great in 539 BCE, exiled Judeans were permitted to return to Judah & the Cyrus Cylinder - **"first human rights declaration"[unsubstantiated human rights claims, it's assumed the 'freedom of religion' by his captured is propaganda.. declares himself to have been chosen personally by Marduk, who ensured his victory**
Babylonian texts talk of the foundation of Eridu by the god Marduk as the first city, "the holy city, the dwelling of their [the other gods] delight".
https://en.wikipedia.org/wiki/Cyrus_Cylinder

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539 BC- THE BUSINESS OF MARRIAGE

" (http://www.ancient.eu/article/688/)

Contrasted with romantic love and a couple sharing their lives together, however, is the 'business side' of marriage and sex. Herodotus reports that every woman, at least once in her lifetime, had to sit outside the temple of Ishtar (Inanna) and agree to have sex with whatever stranger chose her. This custom was thought to ensure the fertility and continued prosperity of the community. As a woman's virginity was considered requisite for a marriage, it would seem unlikely that unmarried women would have taken part in this and yet Herodotus states that 'every woman' was required to. The practice of sacred prostitution, as Herodotus describes it, has been challenged by many modern-day scholars but his description of the bride auction has not. Herodotus writes:

Once a year in each village the young women eligible to marry were collected all together in one place; while the men stood around them in a circle. Then a herald called up the young women one by one and offered them for sale. He began with the most beautiful. When she was sold for a high price, he offered for sale the one who ranked next in beauty. All of them were then sold to be wives. The richest of the Babylonians who wished to wed bid against each other for the loveliest young women, while the commoners, who were not concerned about beauty, received the uglier women along with monetary compensation...All who liked might come, even from distant villages, and bid for the women. This was the best of all their customs but it has now fallen into disuse (Histories I: 196).

In the language of the Sumerians, the word for "love" was a compound verb that, in its literal sense, meant "to measure the earth," that is, "to mark off land". Among both the Sumerians and the Babylonians (and very likely among the Assyrians as well) marriage was fundamentally a business arrangement designed to assure and perpetuate an orderly society. Though there was an inevitable emotional component to marriage, its prime intent in the eyes of the state was not companionship but procreation; not personal happiness in the present but communal continuity for the future (275-276).

This was, no doubt, the 'official' view of marriage and there is no evidence to suggest that a man and woman decided to simply get married on their own (although there is evidence of a couple living together without marrying). Bertman writes, "Every marriage began with a legal contract. Indeed, as Mesopotamian law stated, if a man should marry without having first drawn up and executed a marriage contract, the woman he 'married' would not be his wife...every marriage began not with a joint decision by two people in love but with a negotiation between representatives of two families" (276). Once the marriage contract was signed in the presence of witnesses, the ceremony could be planned.

The wedding ceremony had to include a feast in order to be considered legitimate. The course of the marriage process had five stages which needed to be observed in order for the couple to be legally married:

1. **The engagement/marriage contract;**
2. **Payment of the families of the bride and groom to each other (the dowry and bride-price);**
3. **The ceremony/feast;**
4. **The bride moving to her father-in-law's home;**
5. **Sexual intercourse between the couple with the bride expected to be a virgin on her wedding night and to become pregnant.**

If any one of these steps was not performed, or not performed properly (such as the bride not becoming pregnant), the marriage could be invalidated. In the event the bride turned out not to be a virgin, or could not conceive, the groom could return her to her family. He would have to return her dowry to her family but would get back the bride-price his family had paid.

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THE ENGAGEMENT
Special attention was paid to the engagement. Bertman notes: Engagements were serious business in Babylonia, especially for those who might have a change of heart. According to Hammurabi's Code, a suitor who changed his mind would forfeit his entire deposit (betrothal gift) and bride-price. If the prospective father-in-law changed his mind, he had to pay the disappointed suitor double the bride-price. Furthermore, if a rival suitor persuaded the father-in-law to change his mind, not only did the father-in-law have to pay double, but the rival wasn't allowed to marry the daughter. These legal penalties acted as a potent deterrent against changes of heart and a powerful incentive for both responsible decision making and orderly social behavior (276).
These incentives and penalties were particularly important because young people in Mesopotamia, as young people in the present day, did not always wish to comply with their parents' wishes. A young man or woman might well love someone other than the 'best match' chosen by their parents. A poem featuring the goddess Inanna, known for her penchant for "free love" and doing as she pleased, and her lover Dumuzi, is thought to illustrate the problems parents had in guiding their children, daughters in particular, in proper conduct resulting in a happy marriage (although, as Inanna and Dumuzi were a very popular couple in religious and secular literature, it is doubtful that young people interpreted the poem in the same way their parents may have). The scholar Jean Bottero describes the work, pointing out how Inanna was encouraged to marry the successful farmer god Enkimdu but loved the shepherd god Dumuzi and so chose him. Bottero writes: She furtively left the house, like an amorous teenager, to go to meet her beloved beneath the stars, "which sparkled as she did", then to dally beneath his caresses and suddenly wonder, seeing the night advance, how she was going to explain her absence and lateness to her mother: "Let me go! I must go home! Let me go, Dumuzi! I must go in! /What lie shall I tell my mother? /What lie shall I tell my mother hingal?" And Dumuzi suggests an answer: she will say that her girl companions persuaded her to go with them to listen to music and dance (109).

570 - 495 BC - Pythagoras of Samos, "Pythagoras the Samian", or simply Πυθαγόρας; Πυθαγόρης in Ionian Greek; c. 570 – c. 495 BC)[citation] was an Ionian Greek philosopher, mathematician, and putative founder of the Pythagoreanism movement. He is often revered as a great mathematician and scientist and is best known for the Pythagorean theorem which bears his name. A(squared)+B(squared)=C(squared)
While the theorem that now bears his name was known and previously utilised by the Babylonians and Indians - **There are about 100,000 unpublished cuneiform sources in the British Museum alone. Babylonian knowledge of proof of the Pythagorean Theorem is discussed by J. Høyrup, "The Pythagorean "Rule" and "Theorem" – Mirror of the Relation between Babylonian and Greek Mathematics," in J. Renger (ed.): Babylon. Focus mesopotamischer Geschichte, Wiege früher Gelehrsamkeit, Mythos in der Moderne (1999).**

The Table of Opposites of Pythagoras is the oldest surviving of many such tables propounded by philosophers. Aristotle is the main source of our knowledge of the Pythagorean table.

Here follows a rough translation of the Table of Opposites, although like all translations the precise meaning does not necessarily carry over from the original Greek. For example, "crooked" has connotations in English that it may lack in the original.

- finite, infinite
- odd, even
- one, many
- right, left
- rest, motion
- straight, crooked
- light, darkness
- good, evil
- square, oblong

Some sources add:

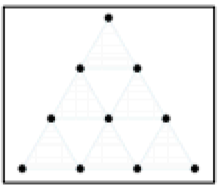
- male, female

Another belief attributed to Pythagoras was that of the "harmony of the spheres". Thus the planets and stars moved according to mathematical equations, which corresponded to musical notes and thus produced a symphony.[75]

Brewer (1894), wrote (page 2614):[76]

"The music or harmony of the spheres. Pythagoras, having ascertained that the pitch of notes depends on the rapidity of vibrations, and also that the planets move at different rates of motion, concluded that the sounds made by their motion must vary according to their different rates of motion. As all things in nature are harmoniously made, the different sounds must harmonise, and the combination he called the "harmony of the spheres." Kepler has a treatise on the subject."

Tetractys



Pythagoras was also credited with devising the tetractys, the triangular figure of four rows which add up to the perfect number, ten. As a mystical symbol, it was very important to the worship of the Pythagoreans who would swear oaths by it.

535-475 Heraclitus

531 BC – Peaceful Death to Laozi (also Lao-Tzu /ˈlaʊdzʌ/[1] or Lao-Tze, Chinese: 老子; pinyin: *Lǎozǐ*, literally "Old Master") was an ancient Chinese philosopher and writer. He is known as the reputed author of the *Tao Te Ching*,[2] the founder of philosophical Taoism, and a deity in religious Taoism and traditional Chinese religions.

Although a legendary figure, Laozi is usually dated to around the 6th century BCE and reckoned a contemporary of Confucius, but some historians contend that he actually lived during the Warring States period of the 5th or 4th century BCE.[3] A central figure in Chinese culture, Laozi is claimed by both the emperors of the Tang dynasty and modern people of the Li surname as a founder of their lineage. Laozi's work has been embraced by various anti-authoritarian movements[4] as well as Chinese legalism.[5]

The *Tao Te Ching*, often called simply *Laozi* after its reputed author, describes the Dao (or Tao) as the source and ideal of all existence: it is unseen, but not transcendent, immensely powerful yet supremely humble, being the root of all things. People have desires and free will (and thus are able to alter their own nature). Many act "unnaturally", upsetting the natural balance of the Dao. The *Daodejing* intends to lead students to a "return" to their natural state, in harmony with Dao.[44] Language and conventional wisdom are critically assessed. Taoism views them as inherently biased and artificial, widely using paradoxes to sharpen the point.[45]

Livia Kohn provides an example of how Laozi encouraged a change in approach, or return to "nature", rather than action. Technology may bring about a false sense of progress. The answer provided by Laozi is not the rejection of technology, but instead seeking the calm state of wu wei, free from desires. This relates to many statements by Laozi encouraging rulers to keep their people in "ignorance", or "simple-minded". Some scholars insist this explanation ignores the religious context, and others question it as an apologetic of the philosophical coherence of the text. It would not be unusual political advice if Laozi literally intended to tell rulers to keep their people ignorant. However, some terms in the text, such as "valley spirit" (*gushen*) and "soul" (*po*), bear a metaphysical context and cannot be easily reconciled with a purely ethical reading of the work.[46]

Wu wei (無為), literally "non-action" or "not acting", is a central concept of the *Daodejing*. The concept of *wu wei* is multifaceted, and reflected in the words' multiple meanings, even in English translation; it can mean "not doing anything", "not forcing", "not acting" in the theatrical sense, "creating nothingness", "acting spontaneously", and "flowing with the moment."[47]

It is a concept used to explain *ziran* (自然), or harmony with the Dao. It includes the concepts that value distinctions are ideological and seeing ambition of all sorts as originating from the same source. Laozi used the term broadly with simplicity and humility as key virtues, often in contrast to selfish action. On a political level, it means avoiding such circumstances as war, harsh laws and heavy taxes. Some Taoists see a connection between wu wei and esoteric practices, such as *zuowang* "sitting in oblivion" (emptying the

mind of bodily awareness and thought) found in the Zhuangzi.[48]

Some of Laozi's famous sayings include:

"When goodness is lost, it is replaced by morality."

"Without Darkness, there can be no Light."

"The usefulness of a pot comes from its emptiness."

"The best people are like water, which benefits all things and does not compete with them. It stays in lowly places that others reject. This is why it is so similar to the Way."

"When people see some things as beautiful, other things become ugly. When people see some things as good, other things become bad."

"Try to change it and you will ruin it. Try to hold it and you will lose it."

"Those who know do not say. Those who say do not know."

"When you realize there is nothing lacking, the whole world belongs to you."

"Nature does not hurry, yet everything is accomplished."

"A good traveler has no fixed plans, and is not intent on arriving."

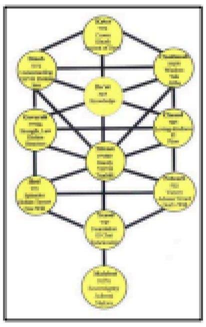
"Music in the soul can be heard by the universe."

"A journey of a thousand miles starts under one's feet."

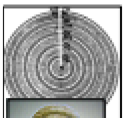
"The more that laws and regulations are given prominence, the more thieves and robbers there will be."

— Laozi, Tao Te Ching

530 BC – AD 70 (The Second Temple Period) – The Zohar (Hebrew: זֹהַר, lit. "Splendor" or "Radiance") is the foundational work in the literature of Jewish mystical thought known as Kabbalah. It is a group of books including commentary on the mystical aspects of the Torah (the five books of Moses) and scriptural interpretations as well as material on mysticism, mythical cosmogony, and mystical psychology. The Zohar contains discussions of the nature of God, the origin and structure of the universe, the nature of souls, redemption, the relationship of Ego to Darkness and "true self" to "The Light of God", and the relationship between the "universal energy" and man.



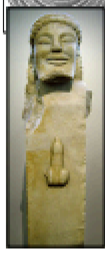
The Zohar is mostly written in what has been described as a cryptic, obscure style of Aramaic (A mysterious medieval text, decrypted - The Boston Globe"). Aramaic, the day-to-day language of Israel in the Second Temple period (539-70), was the original language of large sections of the biblical books of Daniel and Ezra, and is the main language of the Talmud. (Beyer 1986: 38–43; Casey 1998: 83–6, 88, 89–93; Eerdmans 1976: 71)



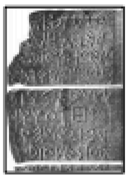
(Right Figure)

(Left Figure) Representation of the Five Worlds with the 10 Sephirot in each, as successively smaller concentric circles, derived from the light of the Kav after the Tzimtzum

Criticism – its appeal to the goal of mystical ecstasy, they claimed, produced generations of dreamers, whose spiritual imaginations looked at the world as being populated by spirits, demons, and various other spiritual influences, rather than dealing with the practical needs of the here and now..."



537 BC - Construction of the second Temple in Jerusalem begins (All of these events are considered significant in Jewish history and culture, and had a far-reaching impact on the development of Judaism. - https://en.m.wikipedia.org/wiki/Babylonian_captivity)



531 BC – Zhou

520 BC – (left) An unusually well-preserved Greek herm, used as a boundary marker and to ward off evil

500 BC, when Darius the Great annexed Mesopotamia to the Persian Empire, he chose a form of Aramaic language (the so-called Official Aramaic or Imperial Aramaic) as the vehicle for written communication between the different regions of the vast empire with its different

peoples and languages

500 BC – One of the oldest known Latin inscriptions, found in excavations of the Lapis Niger

Boustrophedon /ˌbuːstrəˈfiːdən/ (Ancient Greek: βουστροφηδόν, *boustrophēdón* "ox-turning" from βοῦς, *boûs*, "ox", στροφή, *strophḗ*, "turn" and the adverbial suffix -δόν, "lik

499 BC – Greco Persian Wars

490 BC – Battle of Marathon

480 BC – Battle at Thermopylae (response to defeat)

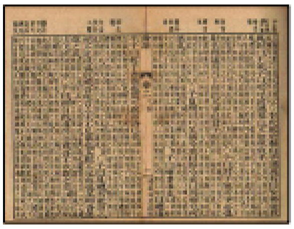
A further development of the respect and honor for king leonidas to sacrifice himself

https://en.wikipedia.org/wiki/Battle_of_Thermopylae

'Patri-otic patri-archal, psych-otic culture'

So it can be seen, with the development of language, society, and the corruption of those who gain control and believe themselves to be the gods, xerxes, taking over territory

475 BC – The *Analects* (Chinese: 論語; Old Chinese: **run ŋ(r)aʔ*; pinyin: *Lúnyǔ*; literally: "Edited Conversations"),[1] also known as the *Analects of Confucius*, is a collection of sayings and ideas attributed to the Chinese philosopher Confucius and his contemporaries, traditionally believed to have been compiled and written by Confucius' followers. It is believed to have been written during the Warring States period (475 BC–221 BC), and it achieved its final form during the mid-Han dynasty (206 BC–220 AD). By the early Han dynasty the *Analects* was considered merely a "commentary" on the Five Classics, but the status of the *Analects* grew to be one of the central texts of Confucianism by the end of that dynasty.



During the late Song dynasty (960-1279) the importance of the *Analects* as a philosophy work was raised above that of the older Five Classics, and it was recognized as one of the "Four Books". The *Analects* has been one of the most widely read and studied books in China for the last 2,000 years, and continues to have a substantial influence on Chinese and East Asian thought and values today. They were very important for Confucianism and China's overall morals.

Confucius believed that the welfare of a country depended on the moral cultivation of its people, beginning from the nation's leadership. He believed that individuals could begin to cultivate an all-encompassing sense of virtue through *ren*, and that the most basic step to cultivating *ren* was devotion to one's parents and older siblings. He taught that one's individual desires do not need to be suppressed, but that people should be educated to reconcile their desires via rituals and forms of propriety, through which people could demonstrate their respect for others and their responsible roles in society. He taught that a ruler's sense of virtue was his primary prerequisite for leadership. His primary goal in educating his students was to produce ethically well-cultivated men who would carry themselves with gravity, speak correctly, and demonstrate consummate integrity in all things.

Confucius viewed himself as a "transmitter" of social and political traditions originating in the early Zhou dynasty (c. 1000–800 BC), and claimed not to have originated anything (*Analects* 7.1)

Confucius' discussions on the nature of the supernatural (*Analects* 3.12; 6.20; 11.11) indicate that he believed while "ghosts" and "spirits" should be respected, they are best kept at a distance. Instead human beings should base their values and social ideals on moral philosophy, tradition, and a natural love for others. Confucius' social philosophy largely depended on the cultivation of *ren* by every individual in a community.[36] Later Confucian philosophers explained *ren* as the quality of having a kind manner, similar to the English words "humane", "altruistic", or "benevolent", but, of the sixty instances in which Confucius discusses *ren* in the *Analects*, it is clear that very few have these later meanings. Confucius instead used the term *ren* to describe an extremely general and all-encompassing state of virtue, one which no living person had attained completely. (This use of the term *ren* is peculiar to the *Analects*.)[37]

Throughout the *Analects*, Confucius' students frequently request that Confucius define *ren* and give examples of people who embody it, but Confucius generally responds indirectly to his students' questions, instead offering illustrations and examples of behaviours that are associated with *ren* and explaining how a person could achieve it. According to Confucius, a person with a well-cultivated sense of *ren* would speak carefully and modestly (*Analects* 12.3); be resolute and firm (*Analects* 12.20), courageous (*Analects* 14.4), free from worry, unhappiness, and insecurity (*Analects* 9.28; 6.21); moderate their desires and return to propriety (*Analects* 12.1); be respectful, tolerant, diligent, trustworthy and kind (*Analects* 17.6); and love others (*Analects* 12.22). Confucius recognized his followers' disappointment that he would not give them a more comprehensive definition of *ren*, but assured them that he was sharing all that he could (*Analects* 7.23).[38]

To Confucius, the cultivation of *ren* involved depreciating oneself through modesty while avoiding artful speech and ingratiating

manners that would create a false impression of one's own character (*Analects* 1.3). Confucius said that those who had cultivated *ren* could be distinguished by their being "simple in manner and slow of speech". He believed that people could cultivate their sense of *ren* through exercising the Golden Rule: "Do not do to others what you would not like done to yourself"; "a man with *ren*, desiring to establish himself, helps others establish themselves; desiring to succeed himself, helps others to succeed" (*Analects* 12.2; 6.28).[39] He taught that the ability of people to imagine and project themselves into the places of others was a crucial quality for the pursuit of moral self-cultivation (*Analects* 4.15; see also 5.12; 6.30; 15.24).[7] Confucius regarded the exercise of devotion to one's parents and older siblings as the simplest, most basic way to cultivate *ren* (*Analects* 1.2).[40]

Confucius believed that *ren* could best be cultivated by those who had already learned self-discipline, and that self-discipline was best learned by practicing and cultivating one's understanding of *li*: rituals and forms of propriety through which people demonstrate their respect for others and their responsible roles in society (*Analects* 3.3). Confucius said that one's understanding of *li* should inform everything that one says and does (*Analects* 12.1). He believed that subjecting oneself to *li* did not mean suppressing one's desires, but learning to reconcile them with the needs of one's family and broader community. By leading individuals to express their desires within the context of social responsibility, Confucius and his followers taught that the public cultivation of *li* was the basis of a well-ordered society (*Analects* 2.3).[41] Confucius taught his students that an important aspect of *li* was observing the practical social differences that exist between people in daily life. In Confucian philosophy these "five relationships" include: ruler to ruled; father to son; husband to wife; elder brother to younger brother; and friend to friend.

Ren and *li* have a special relationship in the *Analects*: *li* manages one's relationship with one's family and close community, while *ren* is practiced broadly and informs one's interactions with all people. Confucius did not believe that ethical self-cultivation meant unquestioned loyalty to an evil ruler. He argued that the demands of *ren* and *li* meant that rulers could oppress their subjects only at their own peril: "You may rob the Three Armies of their commander, but you cannot deprive the humblest peasant of his opinion" (*Analects* 9.25). Confucius said that a morally well-cultivated individual would regard his devotion to loving others as a mission for which he would be willing to die (*Analects* 15.8).[42]

Confucius' political beliefs were rooted in his belief that a good ruler would be self-disciplined, would govern his subjects through education and by his own example, and would seek to correct his subjects with love and concern rather than punishment and coercion. "If the people be led by laws, and uniformity among them be sought by punishments, they will try to escape punishment and have no sense of shame. If they are led by virtue, and uniformity sought among them through the practice of ritual propriety, they will possess a sense of shame and come to you of their own accord" (*Analects* 2.3; see also 13.6). Confucius' political theories were directly contradictory to the Legalistic political orientations of China's rulers, and he failed to popularize his ideals among China's leaders within his own lifetime.[43]

Confucius believed that the social chaos of his time was largely due to China's ruling elite aspiring to, and claiming, titles of which they were unworthy. When the ruler of the large state of Qi asked Confucius about the principles of good government, Confucius responded: "Good government consists in the ruler being a ruler, the minister being a minister, the father being a father, and the son being a son" (*Analects* 12.11). Confucius' analysis of the need to raise officials' behavior to reflect the way that they identify and describe themselves is known as the rectification of names, and he stated that the rectification of names should be the first responsibility of a ruler upon taking office (*Analects* 13.3). Confucius believed that, because the ruler was the model for all who were under him in society, the rectification of names had to begin with the ruler, and that afterwards others would change to imitate him (*Analects* 12.19).[44]

Confucius judged a good ruler by his possession of *de* ("virtue"): a sort of moral force that allows those in power to rule and gain the loyalty of others without the need for physical coercion (*Analects* 2.1). Confucius said that one of the most important ways that a ruler cultivates his sense of *de* is through a devotion to the correct practices of *li*. Examples of rituals identified by Confucius as important to cultivate a ruler's *de* include: sacrificial rites held at ancestral temples to express thankfulness and humility; ceremonies of enfeoffment, toasting, and gift exchanges that bound nobility in complex hierarchical relationships of obligation and indebtedness; and, acts of formal politeness and decorum (i.e. bowing and yielding) that identify the performers as morally well-cultivated.[45]

The importance of education and study is a fundamental theme of the *Analects*. For Confucius, a good student respects and learns from the words and deeds of his teacher, and a good teacher is someone older who is familiar with the ways of the past and the practices of antiquity (*Analects* 7.22). Confucius emphasized the need to find balance between formal study and intuitive self-reflection (*Analects* 2.15). When teaching he is never cited in the *Analects* as lecturing at length about any subject, but instead challenges his students to discover the truth through asking direct questions, citing passages from the classics, and using analogies (*Analects* 7.8).[46] He sometimes required his students to demonstrate their understanding of subjects by making intuitive conceptual leaps before accepting their understanding and discussing those subjects at greater levels of depth. (*Analects* 3.8)[47]

His primary goal in educating his students was to produce ethically well-cultivated men who would carry themselves with gravity, speak correctly, and demonstrate consummate integrity in all things (*Analects* 12.11; see also 13.3). He was willing to teach anyone regardless of social class, as long as they were sincere, eager, and tireless to learn (*Analects* 7.7; 15.38). He is traditionally credited with teaching three thousand students, though only seventy are said to have mastered what he taught. He taught practical skills, but regarded moral self-cultivation as his most important subject.[48]

460-370 BC – The Greek physician Hippocrates (c. 460 – c. 370 BC) incorporated the four temperaments into his

medical theories as part of the ancient medical concept of humorism, that four bodily fluids affect human personality traits and behaviors. Later discoveries in biochemistry have led modern medicine science to reject the theory of the four temperaments, although some personality type systems of varying scientific acceptance continue to use four or more categories of a similar nature. Modern medical science has rejected the theories of the four temperaments, though their use persists as a metaphor within certain psychological fields.[12]

Classical	Element	Adler[13]
Melancholic	Earth	Avoiding
Phlegmatic	Water	Getting
Sanguine	Air	Socially useful
Choleric	Fire	Ruling

450 BC - The Gortyn Code, The Great Code - a legal code that was the

codification of the civil law of the ancient Greek city-state of Gortyn in southern Crete. The Great Code is written in the Doric dialect and is one of a number of legal inscriptions found scattered across Crete but curiously, very few non-legal texts from ancient Crete survive.

The whole corpus of Cretan law may be divided into three broad categories: the earliest (*L Cret.* IV 1–40, ca. 600 BCE to ca. 525 BCE) was inscribed on the steps and walls of the temple of Apollo Pythios, the next a sequence, including the Great Code, written on the walls in or near the agora between ca. 525 and 400 BCE (*L Cret.* IV 41–140), followed by the laws (*L Cret.* IV 145–158)

The code deals with such matters as disputed ownership of slaves, rape and adultery, the rights of a wife when divorced or a widow, the custody of children born after divorce, inheritance, sale and mortgaging of property, ransom, children of mixed (slave, free and foreign) marriages and adoption. The code makes legal distinctions between different social classes. Free, serf, slave and foreigner social statuses are recognized within the document. (John Durdna *The Gortyn Laws* in *The Cambridge Companion to Ancient Greek Law*, pp. 309-321)

Bringing suit

The code provides a measure of protection for individuals prior to their trial. Persons bringing suit are prohibited from seizing and detaining the accused before trial. Violations are punishable by fines, which vary depending on the status of the detained individual.

Rape and adultery

Rape under the code is punished with fines. The fine is largely determined by the difference in social status between the victim and the accused. A free man convicted of raping a serf or a slave would receive the lowest fine; a slave convicted of raping a free man or female would warrant the highest fine.

Adultery is punished similarly to rape under the code but also takes into consideration the location of the crime. The code dictates higher fines for adultery committed within the household of the female's father, husband or brother, as opposed to another location. Fines also depend on whether the woman has previous committed adultery. The fines are levied against the male involved in the adultery, not the female. The code does not provide for the punishment of the female.

Divorce and marriage rights

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The Gortyn law code grants a modicum of property rights to women in the case of divorce. Divorced women are entitled to any property that they brought to the marriage and half of the joint income if derived from her property. The code also provides for a portion of the household property. The code stipulates that any children conceived before the divorce but born after the divorce fall under the custody of the father. If the father does not accept the child, it reverts to the mother.

Property rights and inheritance

The code devotes a great deal of attention to the allocation and management of property. Although the husband manages the majority of the family property, the wife's property is still delineated. If the wife dies, the husband becomes the trustee to her property and may take no action on it without the consent of her children. In the case of remarriage, the first wife's property immediately comes into her children's possession. If the wife dies childless, her property reverts to her blood relatives.

If the husband dies with children, the property is held in trust by the wife for the children. If the children are of age upon their father's death, the property is divided between the children, with males receiving all of the land. If the husband dies without any children, the wife is compelled to remarry.

Adopted children receive all the inheritance rights of natural children and are considered legitimate heirs in all cases. Women are not allowed to adopt children.(Willetts, "The Law Code of Gortyn")

411 BC – *Lysistrata* (*/laɪˈsɪstrətə/* or */lɪˈsɪstrətə/*; Attic Greek: Λυσιστράτη, "Army Disbander") is a comedy by Aristophanes. Originally performed in classical Athens in 411 BCE, it is a comic account of a woman's extraordinary mission to end the Peloponnesian War by denying all the men of the land any sex, which was the only thing they truly and deeply desired. Lysistrata persuades the women of Greece to withhold sexual privileges from their husbands and lovers as a means of forcing the men to negotiate peace—a strategy, however, that inflames the battle between the sexes. The play is notable for being an early exposé of sexual relations in a male-dominated society. Additionally, its dramatic structure represents a shift from the conventions of Old Comedy, a trend typical of the author's career.[4] It was produced in the same year as the Thesmophoriazusae, another play with a focus on gender-based issues, just two years after Athens' catastrophic defeat in the Sicilian Expedition. At this time, Greek theatre was a profound form of entertainment, which was extremely popular for all audiences as it addressed political issues relevant to that time.

LYSISTRATA
There are a lot of things about us women
That sadden me, considering how men
See us as rascals.
CALONICE
As indeed we are!

428-348 - Plato
384 – 322 – Aristotle
408 BC – 318 AD - The Dead Sea Scrolls, in the narrow sense of Qumran Caves Scrolls,[more 1] are a collection of some 981 different manuscripts discovered between 1946/47, 1956 and 2017 in 12 caves (Qumran Caves) in the immediate vicinity of the Hellenistic-period Jewish settlement at Khirbet Qumran in the eastern Judaean Desert, the modern West Bank. The caves are located about two kilometres (1.2 miles) inland from the northwest shore of the Dead Sea, from which they derive their name.[5] The consensus is that the Qumran Caves Scrolls date from the last three centuries BCE and the first century CE.[6] Bronze coins found at the same sites form a series beginning with John Hyrcanus (135–104 BCE) and continuing until the First Jewish–Roman War (66–73 CE), supporting the radiocarbon and palaeographic dating of the scrolls.[6]

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In the larger sense, the Dead Sea Scrolls include manuscripts from additional Judaean Desert sites, which go back as far as the 8th century BCE to as late as the 11th century CE.[6]

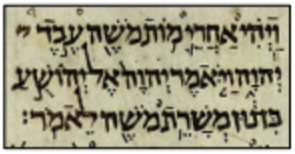
The texts are of great historical, religious, and linguistic significance because they include the second-oldest known surviving manuscripts of works later included in the Hebrew Bible canon, along with deuterocanonical and extra-biblical manuscripts which preserve evidence of the diversity of religious thought in late Second Temple Judaism. Biblical text older than the Dead Sea Scrolls has been discovered only in two silver scroll-shaped amulets containing portions of the Priestly Blessing from the Book of Numbers, excavated in Jerusalem at Ketef Hinnom and dated c. 600 BCE. A piece of Leviticus found in the Ein Gedi synagogue, burnt in the 6th century CE and analyzed in 2015, was found to be the third-oldest piece of the Torah known to exist, as it was dated palaeographically to the 1st or 2nd century CE, and with the C14 method to sometime between the 2nd and 4th century CE.[6]

Most of the texts are written in Hebrew, with some in Aramaic (in different regional dialects, including Nabataean), and a few in Greek.[6] If discoveries from the Judean desert are included, Latin (from Masada) and Arabic (from Khirbet al-Mird) can be added.[6] Most texts are written on parchment, some on papyrus, and one on copper.[6]

The scrolls have traditionally been identified with the ancient Jewish sect called the Essenes, although some recent interpretations have challenged this association and argue that the scrolls were written by priests in Jerusalem, Zadokites, or other unknown Jewish groups.[6][7]

Owing to the poor condition of some of the scrolls, not all of them have been identified. Those that have been identified can be divided into three general groups:

1. some 40% of them are copies of texts from the Hebrew Scriptures,
2. approximately another 30% of them are texts from the Second Temple Period which ultimately were not canonized in the Hebrew Bible, like
3. the Book of Enoch, the Book of Jubilees, the Book of Tobit, the Wisdom of Sirach, Psalms 152–155, etc., and
4. the remaining roughly 30% of them are sectarian manuscripts of previously unknown documents that shed light on the rules and beliefs of a particular group (sect) or groups within greater Judaism, like the Community Rule, the War Scroll, the Pesher on Habakkuk, and The Rule of the Blessing.[8]



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The War of the Sons of Light Against the Sons of Darkness, also known as "War Rule", "Rule of War" and the "War Scroll", is a manual for military organization and strategy that was discovered among the Dead Sea Scrolls.
The Damascus Document (the Cairo Damascus document, CD) or Damascus Rule is one of the most interesting texts of the Dead Sea Scrolls because it is the only Qumran work that was known before the discovery of the Dead Sea Scrolls. It is a composite text edited together from different sections of a larger source, and scholars have attempted to place the different sections in a chronological order to generate a more complete work of the original using evidence from the Dead Sea Scrolls.

The Isaiah Scroll, designated 1QIsa and also known as the Great Isaiah Scroll, is one of the seven Dead Sea Scrolls that were first recovered by Bedouin shepherds in 1947. The scroll is written in Hebrew and contains the entire Book of Isaiah from beginning to end, apart from a few small damaged portions. It is the oldest complete copy of the Book of Isaiah known,[6] being 1100 years older than the Leningrad Codex, and the most complete scroll out of the 220 found at Qumran. Pieces of the Isaiah Scroll have been carbon-14 dated at least four times, giving calibrated date ranges between 335-324 BC and 202-107 BC; there have also been numerous palaeographic and scribal dating studies placing the scroll around 150-100 BC.[6]

400 BC – A votive Stela honoring the Thracian Goddess Bendis, carved at athens
331 BC – Takeover over Persia by Alexander the Great, the last tablets in Elamite are written (the battle for 'the chosen people of god' each claiming to be the chosen people or containing a god unique to them, giving them the justification towards enslaving other humans)

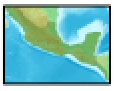
325 BC – Euclid – Eukleídēs, sometimes called Euclid of Alexandria[a] to distinguish him from Euclid of Megara, was a Greek mathematician, often referred to as the "founder of geometry"[2] or the "father of geometry". He was active in Alexandria during the reign of Ptolemy I (323–283 BC).

300 BC - Elamite Script - Linear Elamite, adapted from inscription on stone, Elam, late 3rd century BC, Proto-Elamite, cl

196 BC - The Rosetta Stone, establishing the divine cult of Ptolemy V
221 - The First Emperor of Qin standardized the written language of China after unifying the country in 221 BC.[8] Classical Chinese would remain the standard written language for the next 2000 years.
180 BC – The Sudarshana Chakra of Vāsudeva-Krishna on a coin of Agathocles of Bactria

gods, Vishvakarma. Vishvakarma's daughter Sanjana was married to Surya. Due to the Sun's blazing light and heat, she could not go near the Sun. She complained to her father about this. Vishvakarma made the sun shine less so that his daughter could hug the Sun. The left over Sun "dust" was collected by Vishvakarma and made into three divine objects, (1) the aerial vehicle Pushpaka Vimana, (2) Trishula of Shiva, (3) Sudarshana Chakra of Vishnu. The Chakra is described to have 10 million spikes in two rows moving in opposite directions to give it a serrated edge.

146 BC – the temple of Aphrodite on the summit of Acrocorinth (before the Roman destruction of the city in 146 BC), intercourse with her priestesses was considered a method of worshiping Aphrodite. One aspect of the cult of Aphrodite and her precedents that Thomas Bulfinch's much-reprinted *The Age of Fable; or Stories of Gods and Heroes* (1855 etc.) elided[33] was the practice of ritual prostitution in her shrines and temples. The euphemism in Greek is *hierodoule*, "sacred slave." The practice was an inherent part of the rituals owed to Aphrodite's Near Eastern forebears, Sumerian Inanna and Akkadian Ishtar, whose temple priestesses were the "women of Ishtar," *ishtaritum*.[34]



180-145 BC – *Letter of Aristeas* composed between c.180 and 145 BC,[14] the library was initially organized by Demetrius of Phalerum,[15] a student of Aristotle, under the reign of Ptolemy I Soter (c.323 BC—c.283 BC). Other sources claim it was instead created under the reign of his son Ptolemy II (283–246 BC).

100 BC Teotihuacan

125k inhabitants, Pyramid of sun, pyramid of moon

100 BC – The Lotus Sūtra (Sanskrit: Saddharma Puṇḍarīka Sūtra, literally "Sūtra on the White Lotus of the Sublime Dharma"[1]) is one of the most popular and influential Mahayana sutras, and the basis on which the Tiantai, Tendai, Cheontae, and Nichiren schools of Buddhism were established. According to Paul Williams, "For many East Asian Buddhists since early times the Lotus Sutra contains the final teaching of the Buddha, complete and sufficient for salvation."[2]

100 BC – *Samayasāra* (*The Nature of the Self*) is a famous Jain text composed by Acharya Kundakunda in 439 verses.[1] Its ten chapters discuss the nature of *Jiva* (pure self/soul), its attachment to Karma and Moksha (liberation). *Samayasāra* expounds the Jain concepts like Karma, Asrava (influx of *karmas*), Bandha (Bondage), Samvara (stoppage), Nirjara (shedding) and Moksha (complete annihilation of *karmas*).

Invocation

The first verse (aphorism) of the *Samayasāra* is an invocation:

O bhavyas (potential aspirants to liberation)! Making obeisance to all the Siddhas, established in the fifth state of existence that is eternal, immutable, and incomparable (perfection par excellence), I will articulate this Samayaprābhrita, which has been propounded by the all-knowing Masters of Scripture.[3]

The Soul

Main article: Jiva (Jainism)

The real self is only that soul which has achieved ratnatraya i.e. Samyak Darshan, Samyak Gyan and Samyak Charitra. These state when soul achieves purity is Arihant and Siddha.[4] It can be achieved by victory over five senses.

The Soul and the Non-Soul, The Doer and the Karma, Merit and Demerit, Influx of Karmas, Stoppage of Karmas

According to *Samayasāra*:

The Self, by his own enterprise, protecting himself from virtuous as well as wicked activities that cause merit and demerit, and stationing himself in right faith and knowledge, detached from body and desires etc., devoid of external and internal attachments, contemplates on the Self, through his own Self, and does not reflect upon the karmas and the quasi-karmic matter (*nokarma*); the Self with such distinctive qualities experiences oneness with the Self. Such a Self, contemplating on the Self, becomes of the nature of right faith and knowledge, and being immersed in the Self, attains, in a short span of time, status of the Pure Self that is free from all karmas.
— *Samayasāra* (187-189)[4]

Shedding of Karmas, Bondage of Karmas, The Liberation, The All-pure Knowledge

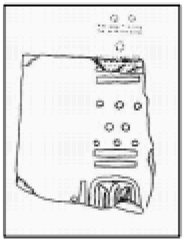
48 BC – Destruction of the Library of Ashurbanipal

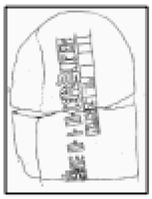
Est. 600 BC

> [W]hen the enemy endeavored to cut off his communication by sea, he was forced to divert that danger by setting fire to his own ships, which, after burning the docks, thence spread on and destroyed the great library.
>
> — Plutarch, *Life of Caesar*

Upper Egyptian Famine Stela, which dates from the Ptolemaic period (305–30 BC), bears an inscription containing a legend about a famine lasting seven years during the reign of Djoser. https://en.m.wikipedia.org/wiki/Famine_Stela

45 BC – Tusculanae Disputationes; the sole mention of *cultura animi* as an agricultural metaphor for human culture (Cicero, Marcus Tullius (45 BC). Tusculanae (Tusculan Disputations). pp. 5, 13.)
"*refers to all the ways in which human beings overcome their original barbarism, and through artifice, become fully human.*", a series of books written by Cicero, around 45 BC, attempting to popularise Stoic philosophy in Ancient Rome.
The Tusculanae Disputationes consist of five books: 1."On the contempt of death", 2. On bearing pain", 3. "On grief of mind", 4."On other perturbations of the mind", 5. "Whether virtue alone be sufficient for a happy life"
**Thomas Jefferson* included the "Tusculan questions", along with Cicero's De Officiis, in his list of recommendations to Robert Skipwith of books for a general personal library. (Jefferson, Thomas (1952) [letter written August 3, 1771]. A Virginia Gentleman's Library. Williamsburg, Virginia Colonial Williamsburg p. 14.)*





36 BC - Stela 2 (Right figure) *from Chiapa de Corzo, Chiapas, with a date of 7.16.3.2.13 (December 36 BCE)*

32 BC – Stela C (left figure) from Tres Zapotes

30 BC – Egypt Annexation to Roman Empire

0 BC -

70 AD – The Colosseum or Coliseum (/kɒləˈsiːəm/ kol-ə-see-əm), also known as the Flavian Amphitheatre (Latin: *Amphitheatrum Flavium*; Italian: *Anfiteatro Flavio* [amfiteˈaːtro ˈflaːvjo] or *Colosseo* [kolosˈsɛːo]), is an oval amphitheatre in the centre of the city of Rome, Italy. Built of concrete and sand,[1] it is the largest amphitheatre ever built. The Colosseum is situated just east of the Roman Forum. Construction began under the emperor Vespasian in AD 72,[2] and was completed in AD 80 under his successor and heir Titus.[3] Further modifications were made during the reign of Domitian (81–96).[4] These three emperors are known as the

Flavian dynasty, and the amphitheatre was named in Latin for its association with their family name (Flavius).

66-90 AD Acharya Bhutabali (c. 66 – c. 90 CE) was a Digambara monk. He along with Acharya Pushpadanta *composed the most sacred Jain text, Satkhandagama*.

100 AD – Simeon bar Yochai a 2nd-century tannaitic sage in ancient Israel, said to be active after the destruction of the Second Temple in 70 CE. He was one of the most eminent disciples of Rabbi Akiva, and is pseudepigraphically attributed by many Orthodox Jews with the authorship of the Zohar, the chief work of Kabbalah. According to rabbinic sources, he acquired a reputation as a worker of miracles, and on this ground was sent to Rome as an envoy, where, according to legend, he exorcised from the emperor's daughter a demon who had obligingly entered the lady to enable Rabbi Shimon to effect his miracle. https://sites.google.com/...shimon-bar-yohai-1/

The fullest account of Rabbi Shimon's teachings is to be found in W Bacher's *Agada der Tannaiten*, ii. pp. 70–149. When the Talmud attributes a teaching to Rabbi Shimon without specifying which Rabbi Shimon is meant, it means Shimon bar Yochai.

While he is attributed authorship of the Zohar by many kabbalists, the authenticity of this claim has been challenged by both secular[5] and religious scholars,[6][7] who point to Moses de León as the author who published the Zohar in the 13th century.

According to a legend in the Babylonian Talmud, Rabbi Shimon bar Yohai criticized the Roman government and was forced to go into hiding with his son for thirteen years. They sheltered in a cave (which local tradition places in Peki'in). Next to the mouth of the cave a carob tree sprang up and a spring of fresh water gushed forth. Provided against hunger and thirst they cast off their clothing except during prayers to keep them from wearing out, embedded themselves in the sand up to their necks, and studied the Torah all day long. He and his son left the cave when they received a bat qol (divine revelation) saying that the Roman emperor had died and consequently all his decrees were abolished.[8]

There is a mid-eighth-century Jewish apocalypse attributed to the Rabbi; see The Secrets of Rabbi Simon ben Yohai.

100 AD - The Pillar of the Boatmen

The heart sutra, 5 aggregates

100-170 - Ptolemy! https://en.wikipedia.org/wiki/Ptolemy

100-200 AD – The *Satires* -

Synopsis of the *Satires*

Book I

1 Satire I: It is Hard not to Write Satire
2 Satire II: Hypocrites are Intolerable
3 Satire III: There is no Room in Rome for a Roman
4 Satire IV: The Emperor's Fish
5 Satire V: Patronizing Patronage

Book II

1 Satire VI: The Decay of Feminine Virtue

2.3Book III

2.3.1 Satire VII: *Fortuna* (or the Emperor) is the Best Patron
2.3.2 Satire VIII: True Nobility
2.3.3 Satire IX: Flattering your Patron is Hard Work

Book IV

2.4.1 Satire X: Wrong Desire is the Source of Suffering
2.4.2 Satire XI: Dinner and a Moral
2.4.3 Satire XII: True Friendship

Book V (incomplete)

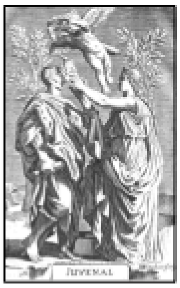
2.5.1 Satire XIII: Don't Obsess over Liars and Crooks
2.5.2 Satire XIV: Avarice is not a Family Value
2.5.3 Satire XV: People without Compassion are Worse than Animals
2.5.4 Satire XVI: Soldiers are above the Law

are a collection of satirical poems by the Latin author Juvenal written in the late 1st and early 2nd centuries AD.

208 lines. The main themes of this poem are self-awareness and moderation. The poem explicitly mentions one apothegm γνῶθι σεαυτόν (know thyself) from the temple of Apollo at Delphi, while its theme calls to mind another μηδὲν ἄγαν (nothing in excess). The subject, in this instance, is the role of food and the *cena* (formal dinner) in Roman society. The narrator contrasts the ruinous spending habits of gourmands with the moderation of a simple meal of home-grown foods in the manner of the mythical ancient Romans.

Satire XI: Dinner and a Moral

Our humble home does not take up such trifles. Another man will hear
the clacks of castanets along with words that a naked slave standing
for sale in a smelly brothel would refrain from; another man will enjoy
obscene voices and every art of lust, a man
who wets his inlaid floor of Lacedaemonian marbles with spit-out wine
...
Our dinner party today will provide other amusements.
The author of the Iliad will sing, and the poems of Vergil
that make the supremacy of Homer doubtful.
What does it matter by what voice such verses are read?



150-200 AD – The Temple of the Feathered Serpent is the modern-day name for the third[citation needed] largest pyramid at Teotihuacan, a pre-Columbian site in central Mexico (the term Teotihuacan (or Teotihuacano) is also used for the whole civilization and cultural complex associated with the site). This structure is notable partly due to the discovery in the 1980s of more than a hundred possibly sacrificial victims found buried beneath the structure.[1] The burials, like the structure, are dated to between 150 and 200 CE.[2] The pyramid takes its name from representations of the Mesoamerican "feathered serpent" deity which covered its sides. These are some of the earliest-known representations of the feathered serpent, often identified with the much-later Aztec god Quetzalcoatl.[3] The structure is also known as the Temple of Quetzalcoatl, and the Feathered Serpent Pyramid.

150 AD –, Claudius Ptolemaeus (Ptolemy) recorded, in books VII–VIII of his Almagest, five stars that appeared nebulous. He also noted a region of nebulosity between the constellations Ursa Major and Leo that was not associated with any star.[5] The first true nebula, as distinct from a star cluster, was mentioned by the Persian astronomer Abd al-Rahman al-Sufi, in his *Book of Fixed Stars* (964).[6] He noted "a little cloud" where the Andromeda Galaxy is located.[6] He also cataloged the Omicron Velorum star cluster as a "nebulous star" and other nebulous objects, such as Brocchi's Cluster.[5] The supernova that created the Crab Nebula, the SN 1054, was observed by Arabic and Chinese astronomers in 1054.[7][8]

199 AD – The Hauberg Stela from the Maya Lowlands "is one of the first dated monuments that depict the Vision Serpent's connection to bloodletting".

200-500 ad - Tattvartha Sutra (also known as Tattvarth-adhigama-sutra) is an ancient Jain text written by Acharya Umaswati, sometime between the 2nd- and 5th-century AD.[68][69] It is the one of the Jain scripture written in the Sanskrit language.[70] Tattvartha Sutra is also known in Jainism as the Moksha-shastra (Scripture describing the path of liberation). The Tattvartha Sutra is regarded as one of the earliest, most authoritative books on Jainism, and the only text authoritative in both the Digambara and Śvētāmbara sects (prior to the Saman Suttam). Its importance in Jainism is comparable with that of the Brahma Sutras and Yoga Sutras of Patanjali in Hinduism. It is a text in sutra or aphorisms, and presents the complete Jainism philosophy in 350 sutras over 10 chapters.[69][71] The term Tattvartha is composed of the Sanskrit words tattva which means "reality, truth" and artha which means "nature, meaning", together meaning "nature of reality".[69][72]

The very first *sloka* (aphorism) of the Sacred Jain text, Tattvartha sutra reads:

Right faith, right knowledge, and right conduct (together) constitute the path to liberation.
— Tattvārthasūtra (1-1)[73]

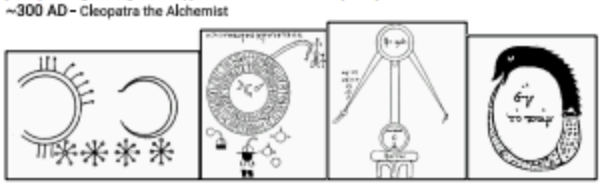
One of its sutra, *Parasparopagraho Jivanam* is the motto of Jainism. Its meaning is interpreted as "(The function) of souls is to help one another",[74] or "Souls render service to one another".[75]

200 AD - The Catacombs of Rome - ancient catacombs, underground burial places under Rome, Italy, of which there are at least forty, some discovered only in recent decades. Though most famous for Christian burials, either in separate catacombs or mixed together, people of all the Roman religions are buried in them, beginning in the 2nd century AD

The Christian catacombs are extremely important for the art history of Early Christian art, as they contain the great majority of examples from before about 400 AD, in fresco and sculpture, as well as gold glass medallions (these, like most bodies, have been removed). The Jewish catacombs are similarly important for the study of Jewish culture at this period.

300BC - 300AD the stoics egalitarian views...' revived again in the renaissance after Roman Empire Death - Precursors of certain fundamental aspects of CBT have been identified in various ancient philosophical traditions, particularly Stoicism.[139] Stoic philosophers, particularly Epictetus, believed logic could be used to identify and discard false beliefs that lead to destructive emotions, which has influenced the way modern cognitive-behavioral therapists identify cognitive distortions that contribute to depression and anxiety.[140] For example, Aaron T. Beck's original treatment manual for depression states, "The philosophical origins of cognitive therapy can be traced back to the Stoic philosophers".[141]

~300 AD - Cleopatra the Alchemist



who likely lived during the 3rd century, was a Greek Egyptian alchemist, author, and philosopher. She experimented with practical alchemy but is also credited as one of the four female alchemists that could

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produce the *Philosopher's stone*. She is considered to be the inventor of the Alembic, an early tool for analytical chemistry.[1]

The philosopher's stone, or stone of the philosophers (Latin: *lapis philosophorum*) is a legendary alchemical substance capable of turning base metals such as mercury into gold (chrysopoeia, from the Greek χρυσός, khrusos, "gold", and ποιεῖν, poiein, "to make") or silver. It is also able to extend one's life and called the elixir of life, useful for rejuvenation and for achieving immortality for many centuries, it was the most sought-after goal in alchemy. The philosopher's stone was the central symbol of the mystical terminology of alchemy, symbolizing perfection at its finest, enlightenment, and heavenly bliss. Efforts to discover the philosopher's stone were known as the *Magnum Opus* ("Great Work").[2]

Mention of the philosopher's stone in writing can be found as far back as *Cheirokmeta* by Zosimos of Panopolis (c. 300 AD).[3] Alchemical writers assign a longer history. Elias Ashmole and the anonymous author of *Gloria Mundi* (1620) claim that its history goes back to Adam who acquired the knowledge of the stone directly from God. This knowledge was said to be passed down through biblical patriarchs, giving them their longevity. The legend of the stone was also compared to the biblical history of the Temple of Solomon and the rejected cornerstone described Psalm 118.[4]

The Squared Circle, an alchemical symbol (17th century) illustrating the interplay of the four elements of matter symbolizing the philosopher's stone

The theoretical roots used the classical Plato's *Timaeus* as outlining the stone's creation can be traced to Greek philosophy. Alchemists later elements, the concept of prima mundi, and Creation stories presented in texts like analogies for their process.[5] According to Plato, the four elements are derived from a common source or prima materia (first matter), associated with chaos. *Prima materia* is also the name alchemists assign to the starting ingredient for the creation of the philosopher's stone. The importance of this philosophical first matter persisted throughout the history of alchemy. In the seventeenth century, Thomas Vaughan writes, "the first matter of the stone is the very same with the first matter of all things".[6]

An alembic (Arabic: انبيق (al-anbīq) from Greek: ἄμβιξ (ambix), "cup, beaker")[1][2][3][4] is an alchemical still consisting of two vessels connected by a tube, used for distilling chemicals.

AD 330 - First Outbreak

The first recorded epidemic affected the Eastern Roman Empire (Byzantine Empire) and was named the Plague of Justinian after emperor Justinian I, who was infected but survived through extensive treatment.[3][8][9] The pandemic resulted in the deaths of an estimated 25 million (6th century outbreak) to 50 million people (two centuries of recurrence).[3][8][9] The historian Procopius wrote, in Volume II of History of the Wars, of his personal encounter with the plague and the effect it had on the rising empire. In the spring of 542, the plague arrived in Constantinople, working its way from port city to port city and spreading around the Mediterranean Sea, later migrating inland eastward into Asia Minor and west into Greece and Italy. Because the infectious disease spread inland by the transferring of merchandise through Justinian's efforts in acquiring luxurious goods of the time and exporting supplies, his capital became the leading exporter of the bubonic plague. Procopius, in his work *Secret History*, declared that Justinian was a demon of an emperor who either created the plague himself or was being punished for his sinfulness

Bubonic plague is one of three types of bacterial infection caused by *Yersinia pestis*.[5] Three to seven days after exposure to the bacteria, flu like symptoms develop. These include fever, headaches, and vomiting.[5] Swollen and painful lymph nodes occur in the area closest to where the bacteria entered the skin.[5] Occasionally the swollen lymph nodes may break open.[5]

The three types of plague are the result of the route of infection: bubonic plague, septicemic plague, and pneumonic plague. Bubonic plague is mainly spread by infected fleas from small animals.[5] It may also result from exposure to the body fluids from a dead plague infected animal.[5] In the bubonic form of plague, the bacteria enter through the skin through a flea bite and travel via the lymphatic vessels to a lymph node, causing it to swell. Diagnosis is made by finding the bacteria in the blood, sputum, or fluid from lymph nodes.[5]

Prevention is through public health measures such as not handling dead animals in areas where plague is common. Vaccines have not been found to be very useful for plague prevention.[5] Several antibiotics are effective for treatment including streptomycin, gentamicin, and doxycycline.[5][6] Without treatment it results in the death of 30% to 90% of those infected.[5][6] Death, if it occurs, is typically within ten days.[5] With treatment the risk of death is around 10%.[5] Globally in 2013 there were about 750 documented cases which resulted in 126 deaths.[5] The disease is most common in Africa.[5]

The plague is believed to be the cause of the Black Death that swept through Asia, Europe, and Africa in the 14th century and killed an

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Conscience-Self Health-Discovery

estimated 50 million people.[5] This was about 25% to 60% of the European population.[5][6] Because the plague killed so many of the working population, wages rose due to the demand for labor. Some historians see this as a turning point in European economic development.[5] The term *bubonic plague* is derived from the Greek word βουβών, meaning "groin".[5] The term "bubonic" is also used to refer to the swollen lymph nodes.[5]

AD 385 Priscillian of Avila martyred by orthodox catholic forces -

Priscillian (died c. 385) was a wealthy nobleman of Roman Hispania who promoted a strict form of Christian asceticism. He became bishop of Ávila in 380. Certain practices of his followers (such as meeting at country villas instead of attending church) were denounced at the Council of Zaragoza in 380. Tensions between Priscillian and bishops opposed to his views continued, as well as political maneuvering by both sides. Around 385, Priscillian was charged with sorcery and executed by authority of the Emperor Maximus. The ascetic movement Priscillianism is named after him, and continued in Hispania and Gaul until the late 6th century. Tractates by Priscillian and close followers, which had seemed lost, were discovered in 1885 and published in 1889.

Sulpicius Severus, who characterized him (*Chronica* II.46) as noble and rich, a layman who had devoted his life to study, and was vain of his classical pagan education.

403 - Chronicle (Chronica, Chronicorum Libri duo or Historia sacra, c. 403)
The chief work of Severus

- 433 - Dharmaksema Translates the Sutra of Golden light - Translating Buddhist Medicine in Medieval China - The sutra was originally written in India in Sanskrit and was translated several times into Chinese by Dharmakṣema and others, and later translated into Tibetan and other languages. Johannes Nobel published Sanskrit and Tibetan editions of the text.[68][69] The sutra is an extremely important Mahayana sutra, and one of the most popular Mahayana sutras of all time.[citation needed]

The name of the sutra derives from the chapter called "The Confession of the Golden Drum", where the bodhisattva Ruchiraketu dreams of a great drum that radiates a sublime golden light, symbolizing the dharma or teachings of Gautama Buddha.[4]

The *Golden Light Sutra* became one of the most important sutras in Japan because of its fundamental message, which teaches that the Four Heavenly Kings (Chinese: 四大天王; pinyin: *Sì Dàtiānwáng*) protect the ruler who governs his country in the proper manner.[5]

The sutra also expounds the vows of the goddesses Sarasvatī (Chinese: 大辯才天; pinyin: *dà biàn cái tiān*), Lakṣmī (Chinese: 大吉德天; pinyin: *dà jídé tiān*) and Pṛthivī to protect any bhikṣu who will uphold and teach the sutra.[6]

Dharmakṣema (translitered 曇無讖 (pinyin: *Tánmó-chèn*), translated 竺法眾 (pinyin: *Zhú Fǎzhòng*; 385–433 CE)) was a Buddhist monk, originally from Central India, who went to China after studying and teaching in Kashmir and Kucha. He had been residing in Dunhuang for several years when that city was captured in 400 by Juqu Mengxun, the king of Northern Liang. Under the patronage of Mengxun, Dharmakṣema took up residence in Guzang, the Northern Liang capital in 421. As well as being a valued political adviser to Mengxun, he went on to become one of the most prolific translators of Buddhist literature into Chinese. The colophons to translated texts attributed to Dharmakṣema, indicate that he was one of the few Indian scholar-monks active in China who was sufficiently proficient in spoken Chinese to make the preliminary oral translations of Buddhist texts himself without an interpreter, although the further stages in the production of the translations were done by his team of Chinese assistants. He was assassinated on the orders of his erstwhile patron Mengxun, for quasi-political reasons, on another journey to the West in 433.

AD 391 - Paganism made illegal by Emperor Theodosius, temples of alexandria were closed by patriarch theophilus of alexandria in ad 391

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410 - Sack of Rome by the Visigothic Kingdom

433-493 AD - Flavius Odoacer (433[1] – 493 AD), also known as Flavius Odoacer or Odovacar[2] (Italian: *Odoacre*, Latin: *Odoacrius*[3] *Odoacer*,[4] German: *Odoaker*), was a soldier who in 476 became the first King of Italy (476–493). His reign is commonly seen as marking the end of the Western Roman Empire.[5]

'Coin of Odoacer, Ravenna, 477, with Odoacer in Profile, depited with a "barbarian" moustache.'

Probably of Scirian descent, Odoacer was a military leader in Italy who led the revolt of Heruli, Rugian, and Scirian soldiers that deposed Romulus Augustulus on 4 September AD 476. Augustulus had been declared Western Roman Emperor by his father, the rebellious general of the army in Italy, less than a year before, but had been unable to gain allegiance or recognition beyond central Italy. With the backing of the Roman Senate, Odoacer thenceforth ruled Italy autonomously, paying lip service to the authority of Julius Nepos, the last Western emperor, and Zeno, the emperor of the East. Upon Nepos' murder in 480 Odoacer invaded Dalmatia, to punish the murderers. He did so, executing the conspirators, but within two years also conquered the region and incorporated it into his domain.

When Illus, master of soldiers of the Eastern Empire, asked for Odoacer's help in 484 in his struggle to depose Zeno, Odoacer invaded Zeno's westernmost provinces. The emperor responded first by inciting the Rugi of present-day Austria to attack Italy. During the winter of 487–488 Odoacer crossed the Danube and defeated the Rugi in their own territory. Zeno also appointed the Ostrogoth Theoderic the Great who was menacing the borders of the Eastern Empire, to be king of Italy, turning one troublesome, nominal vassal against another. Theoderic invaded Italy in 489 and by August 490 had captured almost the entire peninsula, forcing Odoacer to take refuge in Ravenna. The city surrendered on 5 March 493; Theoderic invited Odoacer to a banquet of reconciliation and there killed him.

507 - Franks Clovis I defeat Visigoths theodoric the great of the ostrogoths

519 - Liuvigild, Leuvigild, Leovigild, or Leovigildo (Spanish and Portuguese), (c. 519[citation needed] – 21 April 586) was a Visigothic King of Hispania and Septimania from 568 to April 21, 586. Known for his Codex Revisus or Code of Leovigild, a unifying law allowing equal rights between the Visigothic and Hispano-Roman population, his kingdom covered modern Portugal and most of modern Spain down to Toledo. He was born circa 525.

570 Muhammad is born in the city of Mecca

610 - Muhamma receives the first revelations of the Quran

AD 627 - The Battle of Nineveh, fought between the Eastern Roman Empire and the Sassanian Empire of Persia near the ancient city

633 - Catholic bishops unsurped Visigothic Nobles right to confirm the election of a king and also declared that all Jews must be baptised.

AD 642 Alexandria was captured by the Muslim army of 'Amr ibn al-'As. Several later Arabic sources describe the library's destruction by the order of Caliph Omar. Bar-Hebraeus, writing in the 13th century, quotes Omar as saying to Yahnā al-Naḥwī: 'If those books are in agreement with the Quran, we have no need of them; and if these are opposed to the Quran, destroy them.'

AD 660 - Golden Light Sutra & The 5 Buddhas - historically the sutra won great esteem as a sutra for protecting the country, and often was read publicly to ward off

threats. Its first reading as a court ceremony was around 660 AD, when the Tang dynasty of China and Silla of Korea defeated the state of Baekje of Korea and were threatening Japan.[citation needed]

The Five Wisdom Buddhas are a later development, based on the East Asian Yogācāra elaboration of concepts concerning the jñāna of the Buddhas, of the trikaya or "three body" theory of Buddhahood. Dhyani Buddhas are aspects of the dharmakaya "dharma-body", which embodies the principle of enlightenment in Buddhism.

Initially, two Buddhas appeared to represent wisdom and compassion: Akshobhya and Amitābha. A further distinction embodied the aspects of power, or activity, and the aspect of beauty, or spiritual riches. In the *Golden Light Sutra*, an early Mahayana text, the figures are named Dundubishvara and Ratnaketu, but over time their names changed to become Amoghasiddhi, and Ratnasambhava. The central figure came to be called Vairocana.

When these Buddhas are represented in mandalas, *they may not always have the same colour or be related to the same directions*. In particular, Akshobhya and Vairocana may be switched. When represented in a Vairocana mandala, the Buddhas are arranged like this:

There is an expansive number of associations with each element of the mandala, so that the mandala becomes a cipher and mnemonic visual thinking instrument and concept map; a vehicle for understanding and decoding the whole of the Dharma. Some of the associations include:

Family/ Buddha	Colour ← *Element* → Symbolism	Cardinality → *Wisdom* → Attachments → *Gestures*	*Means* → Maladaptation to Stress	Season	Wisdom
Buddha /Vairocana	white ← *space* → wheel	center → *all accommodating* → rūpa → *Teaching the Dharma*	*Turning the Wheel of Dharma* → ignorance	n/a	法界体性智, Hokkai taishō chi: The wisdom of the essence of the dharma-realm meditation mudra.[3]
Karma/ Amoghasiddhi	green ← *air, wind* → double vajra	north → *all accomplishing* → mental formation, concept → *fearlessness*	*protect, destroy* → envy, jealousy	autumn	成所作智, Jōshosa chi: The wisdom of perfect practice.
Padma/ Amitābha	red ← *fire* → lotus	west → *inquisitive* → perception → *meditation*	*magnetize, subjugate* → selfishness	summer	妙観察智, Myōkanza chi: The wisdom of observation.
Ratna/Ratnasambhava	gold/yellow ← *earth* → jewel	south → *equanimous* → feeling → *giving*	*enrich, increase* → pride, greed	spring	平等性智, Byōdōshō chi: The wisdom of equanimity.
Vajra/Akshobhya	blue ← *water* → sceptre, vajra	east → *nondualist* → vijñāna → *humility*	*pacify* → aggression	winter	大円鏡智, Daienkyō chi: The wisdom of reflection.

The five Tathāgathas are protected by five Wisdom Kings, and in Japan are frequently depicted together in the Mandala of the Two Realms and are in the Shurangama Mantra revealed in the

Taken at face value, one might take the main theme of the sutra literally, which is the importance for leaders to be good examples for the kingdom. In Chapter Twelve, the sutra speaks in verse form about the disasters that befall a kingdom when its ruler does not uphold justice, and the benefits of kings who lead an exemplary life. In the Chapter on the Guardian Kings, the Four Guardian Kings have a dialogue with the Buddha, explaining in vivid detail all the benefits a kingdom will have if its ruler enshrines the essence of the sutra and offers daily praise. The sutra contains some elements of early tantra, in that in chapter two, the sutra describes four Buddhas who dwell in the four cardinal directions. These same four comprise later Buddhist mandalas in the same positions, such as the Womb Realm.

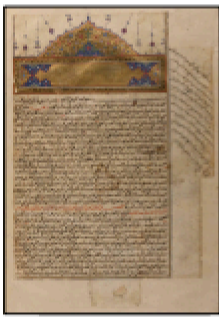
In Vajrayana Buddhism, the Womb Realm (Sanskrit: garbhakoṣadhātu, Japanese: 胎蔵界 *taizōkai*) is the metaphysical space inhabited by the Wisdom Kings. The Womb Realm is based on the *Mahavairocana Tantra*. The name of the mandala derives from chapter 2 of the sutra, where it is said that the buddha Mahāvairocana revealed the mandala's secret teachings to his disciple Vajrasattva from his "womb of compassion".[1] In other translations, the term *matrix realm* or Matrix Mandala are used.[2]

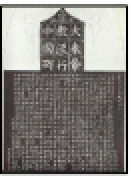
The Womb Realm is a very popular subject for mandalas, and along with the Diamond Realm (*vajradhātu*) Mandala forms the Mandala of the Two Realms. This mandala, along with the Diamond Realm, form the core of Japanese Tendai and Shingon Buddhist rituals, including abhisheka "initiation". In this ritual, new initiates are blindfolded and asked to toss a flower upon a mandala. Where the flower lands helps decide which Buddhist figure the student should devote themselves to.[3]

In traditional Shingon halls, the Womb Realm Mandala is hung on the east wall, symbolizing the young stage of Mahāvairocana.[4] In this setting, the Diamond Realm Mandala is hung on the west wall symbolizing the final realization of Mahāvairocana.

Four vases containing a lotus and a three-pronged Vajra, are placed at the corners of the Center Hall. The hall is marked off by a five-colored boundary path with each color referring to one of the five buddhas, knowledges, directions, roots, conversions, syllables, elements, and forms

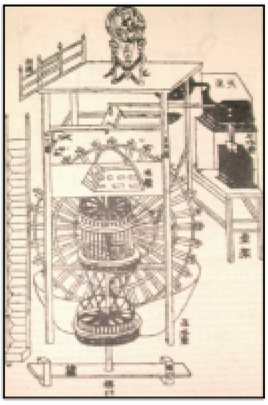
AD 681 – A rubbing of the Yamanoue Stele, in Takasaki, one of three protected steles in Japan
3500 BC – AD 700 – Ebla (Arabic: إبلا, modern: تل مرديخ, Tell Mardikh), was one of the earliest kingdoms in Syria. Its remains constitute a tell located about 55 km (34 mi) southwest of Aleppo near the village of Mardikh. Ebla was an important center throughout the third millennium BC and in the first half of the second millennium BC. Its discovery proved the Levant was a center of ancient, centralized civilization equal to Egypt and Mesopotamia
Ebla maintained its prosperity through a vast trading network. Artifacts from Sumer, Cyprus, Egypt and as far as Afghanistan were recovered from the city's palaces. The kingdom had its own language, Eblaite and the political organization of Ebla had features different from the Sumerian model. Women enjoyed a special status and the queen had major influence in the state and religious affairs. The pantheon of gods was mainly north Semitic and included deities exclusive to Ebla. The city was excavated starting in 1964, and became famous for the Ebla tablets, an archive of about 20,000 cuneiform tablets found there, dated to around 2350 BC





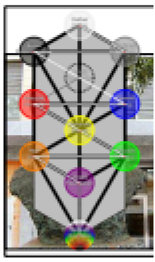
781 – Nestorian Monument /stone/tablet documents 150 years of early christianity in china
AD 800 – Stele 35 (Right Figure) from Yaxchilan (8th century), depicting Lady Eveningstar, the consort of king Shield Jaguar II
1025 – *Canon of Medicine* (a standard medical text at many medieval universities), Persian polymath Avicenna (980–1037 AD)
1066 - Norman Conquest - https://en.wikipedia.org/wiki/Norman_conquest

1020-1101 – Su Song was the engineer of a hydro-mechanical astronomical clock tower in medieval Kaifeng, which employed the use of an early escapement mechanism.[3][4][5][6] The escapement mechanism of Su's clock tower had been invented by Buddhist monk Yi Xing and government official Liang Lingzan in 725 AD to operate a water-powered armillary sphere, although Su's armillary sphere was the first to be provided with a mechanical clock drive.[6][7][8] Su's clock tower also featured the oldest known endless power-transmitting chain drive, called the tian ti (天梯), or "celestial ladder", as depicted in his horological treatise.[9]



1240 – 1305 – Moses de Leon – leon spain and similarity to 5,000 BC brana 1*

A contemporary tale from shortly after Moses' death tends to confirm this view. The story runs that after the death of Moses de Leon, a rich man from Avila offered Moses' widow, who had been left without considerable means, a large sum of money for the ancient text her husband had used to compile the work. She, however, confessed that her husband himself was the author of the book, which he had composed without reference to any ancient work other than the Hebrew Bible and well known traditional rabbinical texts. She claimed to had asked him several times as to why he had put his teachings into the mouth of another. He replied that if these doctrines were attributed to the famous, miracle-working Shimon bar Yochai, they would would be highly honored
Despite this admission, many Jews insisted that Moses de Leon had indeed been in possession of now-lost ancient manuscripts. Others surmised that he was the recipient of ancient mystical oral traditions, or that he wrote the book under the inspiration of the spirit of Shimon bar Yochai and God Himself.
(http://www.newworldencyclopedia.org/entry/Moses_de_Leon)



The four stages of knowledge are:

- The exterior aspect of things: "The vision through the mirror that projects an indirect light"
- Knowing the essence of things: "The vision through the mirror that projects a direct light"
- Intuitive knowledge
- Knowledge through love

'Beyond the stage of "knowledge through love" is the ecstatic state known to the great mystics through their visions of the Divine. This state is entered by quieting the mind and remaining motionless, with the head between the knees, absorbed in contemplation while repeating prayers and hymns. There are seven ecstatic stages, corresponding to seven "heavenly halls," each characterized marked by a vision of a different hue.
The *Zohar* teaches that man can be glorified and divinized. It rejects the view of Maimonides and others, who stressed the development of intellect over mystical spirituality. Its ethical principles are in keeping with the spirit of traditional Talmudic Judaism. However, it holds that humanity's efforts toward moral perfection also influence the spiritual world of the divine emanations or Sefirot. The practice of virtue, moreover, increases the outpouring of divine grace.'

1337 – The Hundred Years' War

1400 – 1650 – Nodena Village

The site was a 15 acres (6 ha) palisaded village on a horseshoe bend of the Mississippi River about 5 miles (8 km) east of Wilson, Arkansas. Archaeological artifacts from the villages of the Nodena people are dated to 1400–1650 CE.

The houses in the village were laid out in a very orderly fashion, located on the same axis as the mounds at the site, demonstrating that the whole site was planned. Members of the de Soto Entrada described the villages of the Pacaha and Nodena peoples as being the most carefully planned and organized of all the villages they had seen in "La Florida", which was what they called the entire southeast. The villages of this area were described as having few if any trees, probably because this was the primary source of fuel and building materials. Many trees close to the villages would have been cut down for these purposes. Homes were built from wattle and daub, with thatched roofs. The palisade which surrounded the site was designed for defensive purposes. It had bastions at regular intervals, with archer slots to defend against enemy attacks. The peoples of Casqui and Pacaha were in a state of perpetual war with one another, and most large sites throughout the area in this time period had this type of defensive palisade.

The people of the Nodena phase practiced artificial cranial deformation or head flattening. Shortly after infants were born, they were strapped to a special carrier which deformed their skulls as they grew. Many of the skeletal remains found at the Nodena Site had deformed skulls, of the type defined as fronto-occipital deformation, flattening of the forehead and the back of the head. Of 123 skulls found by Dr. Hampson, only six could be considered "normal", meaning they did not show the signs of head deformation. The functioning of the brain is not affected by cranial deformation, but the overall shape of the skull bones are.[4] This practice was performed by many Native American tribes into historic times, including the Choctaw, although it later fell out of favor.

Morse, Dan (1973). (Nodena: An account of 90 years of archaeological investigation in southeast Mississippi County, Arkansas. Arkansas Archaeological Survey Research Series. ISBN 1-56349-057-9.)(Hudson, Charles M. (1997). Knights of Spain, Warriors of the Sun. University of Georgia Press.)

1492 – American Indian Holocaust and Survival: A Population History Since 1492

1511 Gonzalo Guerrero Enslaved by Mayan Lords - Becomes War Leader

Bernal Díaz de Castillo (Historia verdadera de la conquista de la Nueva España, Chapter XXIX) records Aguilar's account, whereby Mayans sacrificed some of the ship's crew almost immediately, while putting the rest into cages. The Europeans managed to escape, but other Mayan lords captured and enslaved them. By 1519, the year Hernán Cortés began his Conquest of Mexico, only two from the original shipwreck remained alive: Gonzalo Guerrero, who by this time had become famous in the Mayan world as a war leader for Nachan can, Lord of Chactemal (which included parts of Mexico and Belize); and Gerónimo de Aguilar, who had taken holy orders in his native Spain. Guerrero had by then married Nachan Can's daughter Zazil Há and had fathered the Americas' first mestizo children. Cortes also learned that it was Guerrero's suggestion which led to the earlier attack on Cordoba's expedition (https://en.wikipedia.org/wiki/Gonzalo_Guerrero)

1564-1642 – Galileo Galilei – Astronomer, Physicist, engineer, philsopher, and mathmatician – major role in the *SCIENTIFIC REVOLUTION OF THE Seventeenth century, He has been called the "father of observational astronomy",[11] the "father of modern physics",[12][13] the "father of scientific method",[14] and the "father of science"*

1611 – King James version of the Bible first Published

1677 – The *Mutus Liber*, or *Mute Book* (from Latin: *Silent Book*), is a Hermetic philosophical work published in La Rochelle in 1677. It ranks amongst the major books on alchemy in Early Modern literature, just as much as does *Atalanta Fugiens* by Michael Maier. It has been reprinted numerous times.

Consisting mainly of illustrated plates, *Mutus Liber* arouses contradictory interpretations. Its meaning was pored over for a long time by authors such as Eugène Canseliet and Serge Hutin, who claimed to be initiated alchemists. More recent studies are striving to use its historical reality in order to reveal its meaning.[6]

1770 – Australian Natives opposing the arrival of Captain James Cook

1795 – The concept of a peaceful community of nations had been proposed as far back

as 1795, when Immanuel Kant's *Perpetual Peace: A Philosophical Sketch*. outlined the idea of a league of nations to control conflict and promote peace between states.[5] Kant argued for the establishment of a peaceful world community, not in a sense of a global government, but in the hope that each state would declare itself a free state that respects its citizens and welcomes foreign visitors as fellow rational beings, thus promoting peaceful society worldwide

1724-1804 – Immanuel Kant 'German Romanticism' – formulated an individualist definition of "enlightenment" similar to the concept of *bildung*: *"Enlightenment is man's emergence from his self-incurred immaturity."* He argued that this immaturity comes not from a lack of understanding, but from a lack of courage to think independently. Against this intellectual cowardice, Kant urged: *Sapere aude*, "Dare to be wise!" In reaction to Kant, German scholars such as Johann Gottfried Herder (1744–1803) argued that human creativity, which necessarily takes unpredictable and highly diverse forms, is as important as human rationality [development of cognitive sciences, psychological benefit of creative Play]. Moreover, Herder proposed a collective form of *bildung*: "For Herder, Bildung was the totality of experiences that provide a coherent identity, and sense of common destiny, to a people."
(Kant, Immanuel. 1784. "Answering the Question: What is Enlightenment?" (German: "Beantwortung der Frage: Was ist Aufklärung?") Berlinische Monatsschrift, December (Berlin Monthly))

1860 – Adolf Bastian (1826–1905) argued for "the psychic unity of mankind." He proposed that a scientific comparison of all human societies would reveal that distinct worldviews consisted of the same basic elements. According to Bastian, all human societies share a set of "elementary ideas" (*Elementargedanken*); different cultures, or different "folk ideas" (*Völkergedanken*), are local modifications of the elementary ideas (Köpping, Klaus-Peter (2005). Adolf Bastian and the Psychic Unity of Mankind. Lit. ISBN 978-3-8258-3989-5.)

1869 – 'Culture and Anarchy', by English poet and essayist Matthew Arnold (1822–1888) used the word "culture" to refer to an ideal of individual human refinement, of "the best that has been thought and said in the world." This concept of culture is also comparable to the German concept of *bildung*: "...culture being a pursuit of our total perfection by means of getting to know, on all the matters which most concern us, the best which has been thought and said in the world." (Arnold, Matthew. 1869. *Culture and Anarchy*.

In practice, *culture* referred to an elite ideal and was associated with such activities as art, classical music, and haute cuisine.

(Williams (1983), p. 90. Cited in Shuker, Roy (1994). *Understanding Popular Music*, p. 5. ISBN 0-415-10723-7. argues that contemporary definitions of culture fall into three possibilities or mixture of the following three: "a general process of intellectual, spiritual, and aesthetic development", "a particular way of life, whether of a people, period, or a group", "the works and practices of intellectual and especially artistic activity".)

As these forms were associated with urban life, "culture" was identified with "civilization" (from lat. *civitas*, city). Another facet of the Romantic movement was an interest in folklore, which led to identifying a "culture" among non-elites. This distinction is often characterized as that between high culture, namely that of the ruling social group, and low culture. In other words, the idea of "culture" that developed in Europe during the 18th and early 19th centuries reflected inequalities within European societies.(Bakhtin 1981, p. 4)

Matthew Arnold contrasted "culture" with anarchy; other Europeans, following philosophers Thomas Hobbes and Jean-Jacques Rousseau, contrasted "culture" with "the state of nature." According to Hobbes and Rousseau, the Native Americans who were being conquered by Europeans from the 16th centuries on were living in a state of nature; this opposition was expressed through the contrast between "civilized" and "uncivilized." According to this way of thinking, one could classify some countries and nations as more civilized than others and some people as more cultured than others. This contrast led to Herbert Spencer's theory of Social Darwinism and Lewis Henry Morgan's theory of cultural evolution. Just as some critics have argued that the distinction between high and low cultures is really an expression of the conflict between European elites and non-elites, other critics have argued that the distinction between civilized and uncivilized people is really an expression of the conflict between European colonial powers and their colonial subjects.

Other 19th-century critics, following Rousseau, have accepted this differentiation between higher and lower culture, but have seen the refinement and sophistication of high culture as corrupting and unnatural developments that obscure and distort people's essential nature. These critics considered folk music (as produced by "the folk," i.e., rural, illiterate, peasants) to honestly express a natural way of life, while classical music seemed superficial and decadent. Equally, this view often portrayed indigenous peoples as "noble savages" living authentic and unblemished lives, uncomplicated and uncorrupted by the highly stratified capitalist systems of the West.

In 1870 the anthropologist Edward Tylor (1832–1917) applied these ideas of higher versus lower culture to propose a theory of the evolution of religion. According to this theory, religion evolves from more polytheistic to more monotheistic forms.[14] In the process, he redefined culture as a diverse set of activities characteristic of all human societies. This view paved the way for the modern understanding of culture.

1854 – WILLIAM HARTLESS, LAST MEMBER OF KALAPUYA TRIBE, IS BORN

1914 - Goldsworthy Lowes Dickinson, a British political scientist, coined the term "League of Nations" in 1914 and drafted a scheme for its organisation.

1920 –

Groundbreaking work of behaviorism began with John B. Watson and Rosalie Rayner's studies of conditioning in 1920.[115] During the first half of the twentieth century, John B. Watson devised methodological behaviorism, which rejected introspective methods and sought to understand behavior by only measuring observable behaviors and events. It was not until the 1930s that B. F. Skinner suggested that private events—including thoughts and feelings—should be subjected to the same controlling variables as observable behavior which became the basis for his philosophy called radical behaviorism.[1][2] While Watson and Ivan Pavlov investigated the stimulus-response procedures of classical conditioning, Skinner assessed the controlling nature of consequences and also the antecedents (or discriminative stimuli) that signal the behavior; the technique became known as operant conditioning.

1920 – The League of Nations (abbreviated as LN in English, *La Société des Nations* [la sosjete de nasjɔ̃] abbreviated as SDN or SdN in French) was an intergovernmental organisation founded on 10 January 1920 as a result of the Paris Peace Conference that ended the First World War. It was the first international organisation whose principal mission was to maintain world peace.[1] Its primary goals, as stated in its Covenant, included preventing wars through collective security and disarmament and settling international disputes through negotiation and arbitration.[2] Other issues in this and related treaties included labour conditions, just treatment of native inhabitants, human and drug trafficking, the arms trade, global health, prisoners of war, and protection of minorities in Europe.[3] At its greatest extent from 28 September 1934 to 23 February 1935, it had 58 members. The League lasted for 26 years; the United Nations (UN) replaced it after the end of the Second World War on 20 April 1946 and inherited a number of agencies and organisations founded by the League.

1941 The Declaration of St James Palace in London – "Would we win only to live in dread of yet another war? Should we not define some purpose more creative than military victory? Is it not possible to

shape a better life for all countries and peoples and cut the causes of war at their roots?"

1941 The Atlantic Charter World Organization

Of the eight points of the Atlantic Charter, two bear directly on world organization.

Sixth Clause - *safety within national boundaries, freedom from fear and want"* - After the final destruction of Nazi tyranny," reads the sixth clause, "they hope to see established a peace which will afford to all nations the means of dwelling in safety within their own boundaries, and which will afford assurance that all the men in all the lands may live out their lives in freedom from fear and want."

Seventh Clause - *traversing the high seas without hindrance* - The seventh clause stated that such a peace should enable all men to traverse the high seas without hindrance.

Peace Organization - Eighth Clause - *abandonment of the use of force.* The eighth clause concluded the document with this outline of peace organization: "They believe that all of the nations of the world, for realistic as well as spiritual reasons, must come to the abandonment of the use of force. Since no future peace can be maintained if land, sea or air armaments continue to be employed by nations which threaten, or may threaten, aggression outside of their frontiers, they believe, pending the establishment of a wider and permanent system of general security, that the disarmament of such nations is essential. They will likewise aid and encourage all other practicable measures which will lighten for peace-loving peoples the crushing burden of armaments."

Basic Principles of International Justice - Other points of the Atlantic Charter also affirmed the basic principles of international justice: no aggrandizement; no territorial changes without the freely-expressed wishes of the peoples concerned; the right of every people to choose their own form of government; and equal access to raw materials for all nations.

Labor Standards, Economic Advancement, Social Security - Fifth Clause - *fullest collaboration between all nations in the economic field* . A constructive purpose for the future international organization was also foreshadowed in the fifth clause, which declared that the two statesmen desired to bring about the fullest collaboration between all nations in the economic field with the object of securing, for all, improved labor standards, economic advancement and social security.

1942 – Declaration of the United Nations

Declare: 1. Each Government pledges itself to employ its full resources, military or economic against those members of the Tripartite Pact and its adherents with which such government is at war. 2. Each Government pledges itself to co-operate with the Governments signatory hereto and not to make a separate armistice or peace with the enemies.

The foregoing declaration may be adhered to by other nations which are, or which may be, rendering material assistance and contributions in the struggle for victory over hitlerism - part one: 1. Origin and Evolution A. The Declaration by the United Nations

1943 – The Warsaw Ghetto Uprising - Uprise started on 19 April when the Ghetto refused to surrender to the police commander SS-Brigadefuhrer Jurgen Stroop who then order the burning of the Ghetto, block by block, ending on 16 May. A total of 13,000 Jews died, about half of them burnt alive or suffocated. No more than 300 German Casualties

1943 – Moscow and Teheran Conferences

http://www.un.org/en/sections/history-united-nations-charter/1943-moscow-and-teheran-conferences/index.html

"That they [the Foreign Ministers] recognize the necessity of establishing at the earliest practicable date a general international organization, based on the principle of the sovereign equality of all peace-loving states, and open to membership by all such states, large and small, for the maintenance of international peace and security."

1944 – 1945 : Dumbarton Oaks and Yalta

A Proposal for the World Organization. Structure - According to the Dumbarton Oaks proposals, four principal bodies were to constitute the organization to be known as the United Nations. There was to be a General Assembly composed of all the members. Then came a Security Council of eleven members. Five of these were to be permanent and the other six were to be chosen from the

remaining members by the General Assembly to hold office for two years. The third body was an International Court of Justice, and the fourth a Secretariat. An Economic and Social Council, working under the authority of the General Assembly, was also provided for. Roles and Responsibilities - The essence of the plan was that responsibility for preventing future war should be conferred upon the Security Council. The General Assembly could study, discuss and make recommendations in order to promote international cooperation and adjust situations likely to impair welfare. It could consider problems of cooperation in maintaining peace and security, and disarmament, in their general principles. But it could not make recommendations on any matter being considered by the Security Council, and all questions on which action was necessary had to be referred to the Security Council. Method of Voting - The actual method of voting in the Security Council – an all-important question – was left open at Dumbarton Oaks for future discussion. Armed Forces in the Service of Peace - Another important feature of the Dumbarton Oaks plan was that member states were to place armed forces at the disposal of the Security Council in its task of preventing war and suppressing acts of aggression. The absence of such force, it was generally agreed, had been a fatal weakness in the older League of Nations machinery for preserving peace.

"We are resolved," the three leaders declared, "upon the earliest possible establishment with our Allies of a general international organization to maintain peace and security... "We have agreed that a Conference of United Nations should be called to meet at San Francisco in the United States on the 25th April, 1945, to prepare the charter of such an organization, along the lines proposed in the formal conversations of Dumbarton Oaks."11 February 1945

http://www.un.org/en/sections/history-united-nations-charter/1941-1945-dumbarton-oaks-and-yalta/index.html

1945 - World Historic - The First United Nations Gathering at The San Francisco Conference - Forty-six nations, including the four sponsors, were originally invited to the San Francisco Conference: nations which had declared war on Germany and Japan lden lightbscribed to the United Nations Declaration.

http://www.un.org/en/sections/history-united-nations-charter/1945-san-francisco-conference/

1948 - The Universal Declaration of Human Rights (UDHR) is a historic document that was adopted by the United Nations General Assembly at its 183rd session on 10 December 1948 as Resolution 217 at the Palais de Chaillot in Paris, France.

Article 25 "Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care..."

1948 - The World Health Organization (WHO) is a specialised agency of the United Nations that is concerned with international public health. It was established on 7 April 1948, headquartered in Geneva, Switzerland. The WHO is a member of the United Nations Development Group. Its predecessor, the Health Organization, was an agency of the League of Nations.

1948 - The Federal Water Pollution Control Act of 1948 was the first major U.S. law to address water pollution.

1920-1951 - Henrietta Lacks was an African American woman whose cancer cells were the source of the HeLa cell line, one of the most important cell lines in medical research. The HeLa cell line is an immortalized cell line, meaning the cells will reproduce indefinitely under specific conditions. Lacks was the unwitting donor of these cells from a tumor biopsied during treatment for cervical cancer at Johns Hopkins Hospital in Baltimore, Maryland, U.S. in 1951. These cells were then cultured by George Otto Gey who created the cell line known as HeLa, which is still used for medical research.

1953 - Bicycle Trip Day. Sun April 19th, Swiss Scientist Albert Hoffman Raises from the grave and intentionally/consensually doses himself on (his words) 'problem child' (LSD), 3 days after he accidentally dosed himself.
At 4:20 in the afternoon of April 19, without informing anyone at Sandoz except his lab assistant, Hofmann dissolved 250 millionths of a gram of lysergic acid diethylamide tartrate—the crystallized salt form of the compound—and drank it. He expected it to do absolutely nothing.
Hofmann was dealing with the LSD as if it might be deadly poison. That's why he had begun his tests with such an infinitesimal dose, a thousand times less than the active dose of any other physically active compound he knew of. He had planned to increase the dosage by tiny increments until he got the first inkling of a reaction, expecting it to take many dose increases before that happened. But just 40 minutes after that initial dose, he wrote the one and only entry in his lab journal:

17:00: Beginning dizziness, feeling of anxiety, visual distortions, symptoms of paralysis, desire to laugh.

"I was able to write the last words only with great effort," he wrote in his memoir, *LSD: My Problem Child.* "I had to struggle to speak intelligibly."
"The horror softened and gave way to a feeling of good fortune and gratitude, the more normal perceptions and thoughts returned,

and I became more confident that the danger of insanity was conclusively past.
Now, little by little, I could begin to enjoy the unprecedented colors and plays of shapes that persisted behind my closed eyes. Kaleidoscopic, fantastic images surged in on me ..."
"Everything glistened and sparkled in a fresh light. The world was as if newly created. All my senses vibrated in a condition of highest sensitivity, which persisted for the entire day."
"Aquarium fish swam oddly, and spiders altered web-building patterns. At low doses, Hofmann noted, "the webs were even better proportioned and more exactly built than normally. However, with higher doses, the webs were badly and rudimentarily made."
The salient fact was this: None of the animals in the tests seemed to suffer acute harm at the active dose, and the lethal dose was a hundred times higher than what was necessary for psychic effect, leaving a wide safety margin.
"In some of my psychedelic experiences I had a feeling of ecstatic love and unity with all creatures in the universe," he later said in a *High Times* interview. "To have had such an experience of absolute beatitude means an enrichment of our life."

1959 - "We may think of the culture of mankind as a whole, or of any distinguishable portion thereof, as a stream flowing down through time. Tools, implements, utensils, customs, codes, beliefs, rituals, art forms, etc., comprise this temporal flow, or process. It is an interactive process: each culture trait, or constellation of traits, acts and reacts upon others, forming from time to time new combinations and permutations. Novel syntheses of cultural elements we call inventions . . "

. . The interrelationship of these elements and classes of elements and their integration into a single, coherent whole comprise the functions, or processes, of the cultural system . ."

"For certain purposes and within certain limits, the culture of a particular tribe, or group of tribes, or the culture of a region may be considered as a system. Thus one might think of the culture of the Seneca tribe, or of the Iroquoian tribes, or of the Great Plains, or of western Europe as constituting a system . . But the cultures of tribes or regions are not self-contained, closed systems in actuality, at all. They are constantly exposed to cultural influences, flowing in both directions with other cultures."

1960 - Tempeh *Miracle* "Chinese Indonesian historian Ong Hok Ham suggests that tempeh was accidentally produced as the by-product of the tofu industry in Java; as discarded soybeans residue caught the spores and grew a certain whitish fungi that was found to be edible.[4] The etymology of the term *tempeh* itself is suggested to be derived from old Javanese *tumpi*, a whitish food made from sagoo, while historian Denys Lombard suggests that it is linked to the local term *tape* or *tapai* which means "fermentation".

A fermentation starter containing the spores of fungus *Rhizopus oligosporus* or *Rhizopus oryzae* is mixed in.[5] The beans are spread into a thin layer and are allowed to ferment for 24 to 36 hours at a temperature around 30°C (86°F). In good tempeh, the beans are knitted together by a mat of white mycelium.

(Hendri F. Isnaeni (9 July 2014). "Sejarah Tempe" (in Indonesian). Historia. Retrieved 30 May 2016., "What is tempeh starter?". Tempeh.info)

1971 - June 18th, the "War on Drugs" Begins The term was popularized by the media shortly after a press conference given on June 18, 1971, by United States President Richard Nixon—the day after publication of a special message from President Nixon to the Congress on Drug Abuse Prevention and Control—during which he declared drug abuse "public enemy number one".
http://www.cnn.com/2016/03/23/politics/john-ehrlichman-richard-nixon-drug-war-blacks-hippie/

1886 - 1990 - 1,248,000 US troops deployed against US citizens Internal War on Citizens- In the United States there were 18 interventions and 12,000 troops per year, on average, during the period 1886-1990 against striking workers, urban riots, etc.
Control of information

1989 - 1992 - the Seville Statement on Violence (Adams, 1989, 1991), the institution of warfare and its associated culture of war are not biological phenomena inherited from our primate ancestors; instead they are cultural phenomena.

1959 - 1974 - Secret Military Industrial Complex - Sponsoring their own war. "during the Vietnam War. Air America, a company established and controlled by U.S. Central Intelligence Agency, flew sorties between Laos and Hong Kong, said to be carrying heroin one way and guns and ammunition for anti-communist Laos tribesmen the other way. By selling the heroin to Mafia-related distributors in Hong Kong, the CIA was able to finance a secret war without having to obtain funds from the U.S. Congress...";"..."Air America was owned by the CIA and played a leading role in logistic air support of the CIA's forces in Laos from 1959 to 1974 . . By 1966 Air America had almost 6,000 employees. At its peak in 1970, Air America had the largest airline fleet in the world, in terms of numbers of aircraft owned, although a lot of these aircraft were small or helicopters. Air America operated up to 30,000 flights per month by 1970."
Air America were alleged to have profited from transporting opium and heroin on behalf of Hmong leader Vang Pao,[citation needed] or of

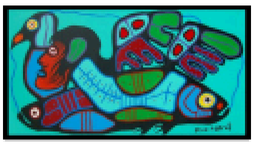
"turning a blind eye" to the Laotian military doing it.[citation needed] This allegation has been supported by former Laos CIA paramilitary Anthony Poshepny (aka Tony Poe), former Air America pilots, and other people involved in the war. It is portrayed in the movie *Air America*. However, University of Georgia historian William M. Leary, writing on behalf of Air America, claims that this was done without the airline employees' direct knowledge and that the airline did not trade in drugs.[5] Curtis Peebles denies the allegation, citing Leary's study as evidence.[13]

Peebles, Curtis. *Twilight Warriors: Covert Air Operations Against the USSR*. pp. 254–255. ISBN 1591146607.
"Opium Throughout History". PBS. Retrieved July 15, 2013.
Cockburn, Alexander; Jeffrey St. Clair (1998). "9". *Whiteout, the CIA, drugs and the press*. New York: Verso. ISBN 1-85984-258-5.
Blum, William. "The CIA and Drugs: Just say 'Why not?'". *Third World Traveller*. Retrieved May 26, 2013.
Robbins, Christopher (1985). *The Ravens*. New York: Crown. p. 94. ISBN 0-517-55473-6.
"Air America and Drugs in Laos". *Los Angeles Times*. Retrieved July 16, 2013.
"History of CAT/Air America". Air-america.org. Archived from the original on April 26, 2011. Retrieved April 29, 2011.
http://culture-of-peace.info/books/history/drugs.html
https://en.wikipedia.org/wiki/Air_America_(airline)#Allegations_of_drug_smuggling

1964 - Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb (likely propaganda), more commonly known as Dr. Strangelove, is a 1964 political satire black comedy film that satirizes the Cold War fears of a nuclear conflict between the Soviet Union and the United States

1972 - The Clean Water Act (CWA) - The Federal Water Pollution Control Act of 1948 was the first major U.S. law to address water pollution. Growing public awareness and concern for controlling water pollution led to sweeping amendments in 1972. As amended in 1972, the law became commonly known as the Clean Water Act (CWA).

The 1972 amendments:



- Established the basic structure for regulating pollutant discharges into the waters of the United States.
- Gave EPA the authority to implement pollution control programs such as setting wastewater standards for industry.
- Maintained existing requirements to set water quality standards for all contaminants in surface waters.
- Made it unlawful for any person to discharge any pollutant from a point source into navigable waters, unless a permit was obtained under its provisions.
- Funded the construction of sewage treatment plants under the construction grants program.
- Recognized the need for planning to address the critical problems posed by nonpoint source pollution.

1974 - Discovered in 1975, endorphins are neurotransmitters that reduce pain and anxiety, enhance the immune system and retard the aging process by removing superoxide. They have both neurological and spinal effects. At least 20 types of endorphins have been discovered in humans. a-endorphin contains 16 amino acids; b-endorphin, 31; g-endorphin, 17 and s-endorphin, 27. Endorphins are released by overexposure to light, in response to pain, stress, sexual activity and exercise. b-endorphin (END), the most effective endorphin, gives the most euphoric effect. b-endorphin as well as the mRNA for its precursor pro-opiomelanocortin are not only found in the pituitary gland but also within various types of immune cells infiltrating inflammed subcutaneous tissue. END is localized within secretory granules packed in membranous structures in macrophages, monocytes, granulocytes and lymphocytes. During stressful stimuli, END is released and interacts with peripheral opioid receptors to inhibit pain by blocking the signal of pain to the nervous system.

Pain and stress are the two most common factors leading to the release of endorphins.
http://www.musicforhealthservices.com/Music_as_therapy/Pages/Module%2004_Music_and_the_Brain/4.2_Understanding_Endorphins.pdf

1988 - "Human Molecule", by Canadian Aboriginal artist Norval Morrisseau

1987 - Systematic Distortion of Information - Bella, David A Conscious perspective on accepting the reality of disinformation based atrocities. https://trid.trb.org/view.aspx?id=288589

1987 - The Eight-Circuit Model of Consciousness is a hypothesis by Timothy Leary, and later expanded on by Robert Anton Wilson and Antero Alli, that "suggested eight periods [circuits] and twenty-four stages of neurological evolution".[1] The eight circuits, or eight "brains" as referred by other authors, operate within the human nervous system, each corresponding to its own imprint and direct experience of reality.[2] Leary and Alli include three stages for each circuit that details developmental points for each level of consciousness.

1. (Leary)The vegetative-invertebrate circuit (Wilson)The oral bio-survival circuit[citation needed]

This circuit is concerned with nourishment, physical safety, comfort and survival, suckling, cuddling, etc. It begins with one spatial dimension, forward/back.

This circuit is imprinted early in infancy. The imprint will normally last for life unless it is re-imprinted by a powerful experience. Depending on the nature of the imprint, the organism will tend towards one of two basic attitudes:

- A positive imprint sets up a basic attitude of trust. The organism generally considers the environment benign and accepts and approaches. This is equivalent to a default life position of "you're ok" in the 'life positions' model of Transactional analysis.
- A negative imprint sets up a basic attitude of suspicion. The organism generally regards the environment as hostile and flees and avoids. This is equivalent to a default life position of "you're not ok" in the 'life positions' model of Transactional analysis.

This circuit is said to have appeared in the earliest evolution of the invertebrate brain and corresponds to the reptilian brain of Triune Brain Theory.

The Triune Brain is a model of the evolution of the vertebrate forebrain and behavior, proposed by the American physician and neuroscientist Paul D. MacLean. MacLean originally formulated his model in the 1960s and propounded it at length in his 1990 book *The Triune Brain in Evolution*.[1] The triune brain consists of the reptilian complex, the paleomammalian complex (limbic system), and the neomammalian complex (neocortex), viewed as structures sequentially added to the forebrain in the course of evolution. However, this hypothesis is no longer espoused by the majority of comparative neuroscientists in the post-2000 era.[2] The triune brain hypothesis became familiar to a broad popular audience through Carl Sagan's Pulitzer prize winning 1977 book *The Dragons of Eden*. The theory has been embraced by some psychiatrists and at least one leading affective neuroscience researcher.[3]

The Reptilian Complex, also known as the R-complex or "reptilian brain" was the name MacLean gave to the basal ganglia, structures derived from the floor of the forebrain during development. The term derives from the idea that comparative neuroanatomists once believed that the forebrains of reptiles and birds were dominated by these structures. MacLean proposed that the reptilian complex was responsible for species-typical instinctual behaviors involved in aggression, dominance, territoriality, and ritual displays-

The Paleomammalian Brain consists of the septum, amygdalae, hypothalamus, hippocampal complex, and cingulate cortex. MacLean first introduced the term "limbic system" to refer to this set of interconnected brain structures in a paper in 1952. MacLean's recognition of the limbic system as a major functional system in the brain was widely accepted among neuroscientists, and is generally regarded as his most important contribution to the field. MacLean maintained that the structures of the limbic system arose early in mammalian evolution (hence "paleomammalian") and were responsible for the motivation and emotion involved in feeding, reproductive behavior, and parental behavior.

The Neomammalian Complex consists of the cerebral neocortex, a structure found uniquely in higher mammals, specifically humans. MacLean regarded its addition as the most recent step in the evolution of the mammalian brain, conferring the ability for language, abstraction, planning, and

perception.

MacLean originally formulated the triune brain hypothesis in the 1960s, drawing on comparative neuroanatomical work done by Ludwig Edinger, Elizabeth C. Crosby and C. J. Herrick early in the twentieth century.[10] The 1980s saw a rebirth of interest in comparative neuroanatomy, motivated in part by the availability of a variety of new neuroanatomical techniques for charting the circuitry of animal brains. Subsequent findings have refined the traditional neuroanatomical ideas upon which MacLean based his hypothesis.

For example, the basal ganglia (structures derived from the floor of the forebrain and making up MacLean's reptilian complex) were shown to take up a much smaller portion of the forebrains of reptiles and birds (together called sauropsids) than previously supposed, and to exist in amphibians and fish as well as mammals and sauropsids. Because the basal ganglia are found in the forebrains of all modern vertebrates, they most likely date to the common evolutionary ancestor of the vertebrates, more than 500 million years ago, rather than to the origin of reptiles.

Some recent behavioral studies do not support the traditional view of sauropsid behavior as stereotyped and ritualistic (as in MacLean's reptilian complex). Birds have been shown to possess highly sophisticated cognitive abilities, such as the toolmaking of the New Caledonian crow and the language-like categorization abilities of the African grey parrot.[1] Structures of the limbic system, which MacLean proposed arose in early mammals, have now been shown to exist across a range of modern vertebrates. The "paleomammalian" trait of parental care of offspring is widespread in birds and occurs in some fishes as well. Thus, like the basal ganglia, the evolution of these systems presumably dates to a common vertebrate ancestor.[10]

Finally, recent studies based on paleontological data or comparative anatomical evidence strongly suggest that the neocortex was already present in the earliest emerging mammals.[8] In addition, although non-mammals do not have a neocortex in the true sense (that is, a structure comprising part of the forebrain roof, or pallium, consisting of six characteristic layers of neurons), they possess pallial regions, and some parts of the pallium are considered homologous to the mammalian neocortex. While these areas lack the characteristic six neocortical layers, birds and reptiles generally possess three layers in the dorsal pallium (the homolog of the mammalian neocortex).[10] The telencephalon of birds and mammals makes neuroanatomical connections with other telencephalic structures[8] like those made by neocortex. It mediates similar functions such as perception, learning and memory, decision making, motor control, conceptual thinking.

The triune model of the mammalian brain is seen as an oversimplified organizing theme by some in the field of comparative neuroscience.[9] It continues to hold public interest because of its simplicity. While technically inaccurate in many respects as an explanation for brain activity, it remains one of very few approximations of the truth we have to work with: the "neocortex" represents that cluster of brain structures involved in advanced cognition, including planning, modeling and simulation; the "limbic brain" refers to those brain structures, wherever located, associated with social and nurturing behaviors, mutual reciprocity, and other behaviors and affects that arose during the age of the mammals; and the "reptilian brain" refers to those brain structures related to territoriality, ritual behavior and other "reptile" behaviors. The broad explanatory value makes this approximation very engaging and is a useful level of complexity for high school students to begin engaging with brain research.

Howard Bloom, in his book *The Lucifer Principle*, references the concept of the triune brain in his explanations of certain aspects of human behavior. Arthur Koestler made MacLean's concept of the triune brain the centerpiece of much of his later work, notably *The Ghost in the Machine*. English novelist Julian Barnes quotes MacLean on the triune brain in the foreword to his 1982 novel *Before She Met Me*. Peter A. Levine uses the triune brain concept in his book *Waking the Tiger* to explain his somatic experiencing approach to healing trauma.

This circuit operates in essentially the same way across mammals, reptiles, fish, primates and humans.

Robert Anton Wilson equated this circuit with the oral stage in the Freudian theory of psychosexual development, and proposed that this circuit is activated in adults by strong opioids.[4]

2. (Leary)The emotional-locomotion circuit (Wilson)The anal territorial circuit[citation]

The emotional-territorial circuit is imprinted in the toddler stage. It is concerned with domination and submission, territoriality, etc.

The imprint on this circuit will trigger one of two states:

- Dominant, aggressive behavior. This imprint creates an 'alpha' social attitude. Equivalent to the 'top dog' position in the model of Fritz Perls, to 'I'm OK' in the 'life positions' model of Transactional analysis, and to master morality in the model of Friedrich Nietzsche.[4]
- Submissive, cooperative behavior. Equivalent to the 'bottom dog' position in the model of Fritz Perls, to 'I'm not OK' in the life positions model and to Nietzsche-an 'slave morality'.

This circuit is activated by depressant drugs such as alcohol, barbiturates, and benzodiazepines.[citation needed] This circuit appeared first in territorial vertebrate animals and is preserved across all mammals. It corresponds to the mammalian brain of triune brain theory. Robert Anton Wilson equated this circuit with the anal stage in the Freudian theory of psycho-sexual development. This circuit introduces a 2nd spatial dimension; up/down.[citation needed]

The first and second circuits both imprint in a binary fashion: trust/suspicion and dominance/submission.[4] Thus there are four possible ways of imprinting the first two circuits:

- Trusting 1st circuit and dominant 2nd circuit. I'm OK; you're OK. Friendly strength in the Interpersonal Circumplex. Fire in the four elements model.[4] Choleric in the four humors model.[4]
- Trusting 1st circuit and submissive 2nd circuit. I'm not OK; you're OK. Friendly weakness. Water in the four elements model. Phlegmatic humor.
- Suspicious 1st circuit and dominant 2nd circuit. I'm OK; you're not OK. Unfriendly strength. Air in the four elements model. Sanguine humor.
- Suspicious 1st circuit and submissive 2nd circuit. I'm not OK; you're not OK. Unfriendly weakness. Earth in the four elements model. Melancholic humor.

3. (Leary)The laryngeal-manual symbolic circuit (Wilson)The semantic time-binding circuit[citation]

This circuit is imprinted by human symbol systems. It is concerned with language, handling the environment, invention, calculation, prediction, building a mental "map" of the universe, physical dexterity, etc.

This circuit is activated by stimulant drugs such as amphetamines, cathinones, cocaine, and caffeine.[citation needed] This circuit supposedly appeared first when hominids started differentiating from the rest of the primates.

Robert Anton Wilson, being heavily influenced by General Semantics, writes of this circuit as the 'time-binding circuit'. This means that this circuit's contents – including human know-how, technology, science etc. - are preserved memetically and passed on from generation to generation, constantly mutating and increasing in sophistication.

4. (Leary)The socio-sexual domestication circuit (Wilson)The socio-sexual circuit[citation]

This fourth circuit is imprinted by the first orgasm-mating experiences and tribal "morals". It is concerned with sexual pleasure (instead of sexual reproduction), local definitions of "moral" and "immoral", reproduction, rearing of the young, etc. The fourth circuit concerns itself with cultural values and operating within social networks. This circuit is said to have first appeared with the development of tribes. Some have pointed out that entactogens such as MDMA seem to meet some of the requirements needed to activate this circuit.[citation needed]

5. (Leary and Wilson)The neurosomatic circuit[citation]

This is concerned with neurological-somatic feedbacks, feeling high and blissful, somatic reprogramming, etc. It may be called the rapture circuit.[16]

When this circuit is activated, a non-conceptual feeling of well-being arises. This has a beneficial effect on the health of the physical body.[13]

The fifth circuit is consciousness of the body. There is a marked shift from linear visual space to an all-encompassing aesthetic sensory space. Perceptions are judged not so much for their meaning and utility, but for their aesthetic qualities.[13] Experience of this circuit often accompanies an hedonistic turn-on, a rapturous amusement, a detachment from the previously compulsive mechanism of the first four circuits.

This circuit is activated by ecstatic experiences via physiological effects of cannabis, Hatha Yoga, tantra and Zen meditation. Robert Anton Wilson writes, "Tantra yoga is concerned with shifting consciousness entirely into this circuit"[13] and that "Prolonged sexual play without orgasm always triggers some Circuit V consciousness".[14]

Leary describes that this circuit first appeared in the upper classes, with the development of leisure-class civilizations around 2000 BC.

6. (Leary)The neuro-electric circuit (Wilson)The metaprogramming circuit[citation]

Note: Timothy Leary lists this circuit as the sixth, and the neurogenetic circuit as the seventh.[4] In "Prometheus Rising", Robert Anton Wilson reversed the order of these two circuits,[4] describing the neurogenetic circuit as the sixth circuit, and the metaprogramming circuit as the seventh. In the subsequently published "Quantum Psychology", he reverted this back to the order proposed by Leary.[1]

This circuit is concerned with re-imprinting and re-programming all earlier circuits and the relativity of "realities" perceived. The sixth circuit consists of the nervous system becoming aware of itself. Leary says this circuit enables telepathic communication and is activated by low-to-moderate doses of LSD (50-150 µg), moderate doses of peyote, psilocybin mushrooms and meditation/chanting especially when used in a group or ritual setting. This circuit is traced by Leary back to 500 BC.[citation needed]

7. (Leary)The neurogenetic circuit (Wilson)The morphogenetic circuit[citation]

This circuit is the connection of the individual's mind to the whole sweep of evolution and life as a whole. It is the part of consciousness that echoes the experiences of the previous generations that have brought the individual's brain-mind to its present level.[citation needed]

It deals with ancestral, societal and scientific DNA-RNA-brain feedbacks. Those who achieve this mutation may speak of past lives, reincarnation, immortality etc.[13] It corresponds to the collective unconscious in the models of Carl Jung[14] where archetypes reside.

Activation of this circuit may be equated with consciousness of the Great God Pan in his aspect as Life as a whole, or with consciousness of Gaia, the biosphere considered as a single organism.[13]

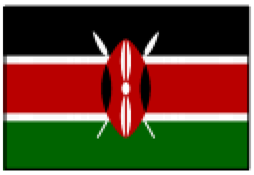
This circuit is activated by moderate doses of LSD (200-500 µg), higher doses of peyote, higher doses of psilocybin mushrooms, yoga and meditation.[citation needed]

The circuit first appeared among the Hindus in the early first millennium and later reappeared among the Sufi sects.

8. (Leary)The neuro-atomic metaphysiological (Wilson)The non-local quantum circuit[citation]

The eighth circuit is concerned with quantum consciousness, non-local awareness (information from beyond ordinary space-time awareness which is limited by the speed of light), illumination. Some of the ways this circuit can get activated are: the awakening of kundalini, shock, a near-death experience, etc.[citation needed] This circuit has even been compared to the Buddhist concept of Indra's net from the Avatamsaka Sutra.

1994 – Violence Against Women's Act domestic violence continues to be a massive problem with enormous individual and societal consequences. The scope and consequences of domestic violence are often misunderstood and rarely addressed

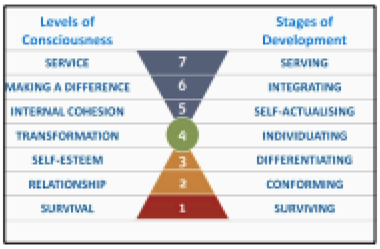


1994, April 18 – 98th Boston Marathon (course record broken): Cosmas Ndeti of Kenya 1st man in 2:07:15 and Uta Pippig of Germany 1st woman in 2:21:45

Ken Oosterbroek, South African press photographer, shot dead at 32

Former President Nixon suffered a stroke & dies 4 days later

The Client by John Grisham was one of the best selling books.



1996 – The Barrett conscience VALUES Model – *7 level model describing the evolutionary development of human consciousness "I created the Seven Levels Model to provide a clear understanding of human motivations. The model is based on Abraham Maslow's hierarchy of needs. It was apparent to me that Maslow's research and thinking was ahead of his time. Abraham Maslow died in 1970 at age 62, well before the consciousness movement had taken root. I saw that, with some minor changes, his hierarchy of needs could be transposed into a framework of consciousness. In 1996, I set about making these changes." -Richard Barrett*

1998 – the original UNESCO document on the culture of peace http://www.culture-of-peace.info/annexes/resA-53-370/coverpage.html - Identified 8 Pillars holding up the Culture of War

1. armies and armaments

2. authoritarian rule associated with military leadership
3. control of information through secrecy and propaganda
4. identification of an "enemy"
5. education of young men from the nobility to be warriors
6. male domination
7. wealth based on plunder and slavery
8. economy based on exploitation of people (slaves, serfs, etc.) and the environment

9. religious institutions that support the government and military
10. artistic and literary glorification of military conquest

11. means to deter slave revolts and political dissidents including internal use of military power, prisons and executions.*

1999 – ISIL originated as *Jama'at al-Tawhid wal-Jihad* in 1999, which pledged allegiance to al-Qaeda and participated in the Iraqi insurgency following the 2003 invasion of Iraq by Western forces. The group proclaimed itself a worldwide caliphate[citation] and began referring to itself as Islamic State (الدولة الإسلامية *ad-Dawlah al-Islāmiyah*) or IS[3] in June 2014. As a caliphate, it claims religious, political, and military authority over all Muslims worldwide.(The group proclaimed itself a worldwide caliphate[citation] and began referring to itself as Islamic State (الدولة الإسلامية *ad-Dawlah al-Islāmiyah*) or IS[3] in June 2014. As a caliphate, it claims religious, political, and military authority over all Muslims worldwide.(Relation to Hitler/master race subscription/slave/exploring historic origins of superiority complex)

2004, April 18 – Ecological Stoichiometry - first recorded attempt for a complicated molecular structure average 150lb man

2014 – Declaration of Consciousness Movement

https://www.indiegogo.com/projects/the-declaration-of-consciousness-movement#/

The Declaration of Consciousness has a global mission to acquire 1 billion signatures from citizens of the earth with the intention to create a radical shift of consciousness on the planet based on the following guiding principles:

We The People of Earth Declare:

• Non-Violence / Ahimsa Principle: Planetary peace can only occur when we individually and collectively choose to BE and live in peace, honoring All as One.

• Equality for All and the Empowerment of Women: As All are One, it is imperative to uphold and honor all women as reverently equal within society and our cultural worldviews.

• Universal Freedom: Our Oneness and collective evolution can only be achieved when we honor the rights of all to live free of any and all forms of subjugation so as to wholly and completely express a state of self-realized Consciousness.

• Harm no Child: The future of our planet and generations to come depends on how we dutifully protect each child's innocence and mindfully nurture the potential of each child, as a future leader in Consciousness.

• Honor Our Elders: Each of our elders is a wisdom keeper, deserving of our mindful respect and most compassionate caring.

• Inspire Creativity and Empower Innovation: The evolutionary advancement of our collective Consciousness and the development of all scientific and/or technological achievements which better our world, can only occur when society supports, honors and nurtures the development of creativity and innovation.

• Consciousness and Ethics of Commerce: The wellbeing of all people and the equitable sustainability of all societies depends on the conscious development and implementation of commerce that upholds to the principle of contributing toward planetary good before an intent to generate profit.

• Ecological Preservation and Climate Change: Each life-form on our planet depends on our Consciousness that reverently cares over each of the environmental elements that shape our global climate and sustains all life.

• Spiritual Freedom and Unity: Each person on our planet holds the potential of contributing towards a greater good in our world, thus they are deserving of our collective support in the attainment of their most advanced Consciousness.

ConsciousCulture.Live

Culture Map

Conscience-Self Health-Discovery

2014 - Secret Information Costs the Public $5.2 Billion +
courtesy of the Information Security Oversight Office of the National Archives, is that the government - *except the CIA* - spent $5.23 billion on classification last year.

2017 - Trump signs largest arms deal in American history with Saudi Arabia worth $350 billion over the next decade http://theweek.com/speedreads/730428/trump-signs-largest-arms-deal-american-history-saudi-arabia

2017 - How Emotions Are Made: The Secret Life of the Brain, Authored by Lisa Feldman Barrett
http://hosted.ap.org/specials/interactives/pharmawater_site/day1_01.html

Water supply pharmaceuticals

https://www.niehs.nih.gov/research/resources/bioethics/index.cfm
https://www.niehs.nih.gov/research/resources/bioethics/timeline/index.cfm

Other potential Timelines - timeline quantum dev. Health sciences dev.
http://www.echt.info/page/TimelineTimeline ... [ending into 'Human Culture' Timeline]
http://www.echt.info/page/Timeline
http://www.echt.info/page/Timeline-of-Pharmacy-Dynamics
http://www.echt.info/page/Timeline
http://www.echt.info/page/OneTimeline

13.7 Billion YA – The Big Bend

100.32 seconds after bang – Quarks, Leptons, Bosons

100 seconds after bang – protons, neutrons

Minutes after the Bang – Hydrogen, Helium, Lithium and Beryllium

13.5 Billion Years ago – Carbon to Iron (stellar nucleosynthesis), cobalt to uranium (explosive nucleosynthesis), Hydrogen molecules, supercluster mass (region of >10 superclusters), Virgo Supercluster (association of >100 groups/clusters), Local Group (a group of >50 galaxies)

13.2 BYA – Milky Way

4.6 BYA – Sun (sun molecule HHeOCNNeFeSiMgS)

4.6 BYA – Earth (earth molecule

OFeSiMgSAlNiCaCrNaKHTiFeCoPMnSrBaCl VLiZrRbZnCuNBGaCoScNdGaBeLaNbPbPr SmThGdDyYGeArErOsUHfYbSnEuTaAuMoHo WTbBrTlLuTmHoSbCdInAgSeHgBiTeRuPd AuPtNeRhOsKrIrXeRePaAcAtPoRnTcPrFr)

4.54 Billion YA – Formation of the Earth – Dalrymple2001

4.4 – 4.2 BYA – Earliest Water (H2O), Methane (CH4), Ammonia (NH3), Methanol (CH4O), [illegible] "Walking molecule", [illegible], Urea (CH4N2O), NADH [illegible], Coenzyme A [illegible], Amino Acid [illegible], Phospholipid, RNA [illegible], DNA "living molecule" [illegible], Myoglobin [illegible], Hemoglobin [illegible], Virus [illegible], Poliovirus [illegible], Proto-bacteria A [illegible]

4.28 BYA – Earliest life thermophilic organisms and the hydrothermal vent

Proto-bacteria B [illegible]

Proto-bacteria C [illegible], Bacteria (cluster of E.Coli)

[illegible]

3.5 BYA – Coccoid cyanobacteria (fossil, Australia)

2.5 BYA – The oldest molecular and chemical evidence of the first organisms that developed oxygenic photosynthesis (oxygenic ancestors of cyanobacteria) (fossil, Canada) – devlove2012

2.4 BYA – The Great Oxygenation Event (GOE)

1 BYA – Evidence of earliest non-marine eukaryotes – strother2011

900 MYA – Choanoflagellate (Sloan)

850 MYA – Land plants evolve from algae – kenrick2009,

550 MYA – Aquatic flatworm (10 mm)

530 MYA – Oldest fossil footprints on land, lobster sized centipede like animal

525 MYA – Oldest Ancestor to vertebrates – Pikaia

500 MYA – Fish –

[illegible]

450-440 MYA – the Ordovician-Silurian extinction that killed off 27% of all families, 57% of all genera and 60% to 70% of all species.

420-398 MYA – Pentecopterus [illegible]

412 MYA – Oldest Insect Discovered – Rhyniognatha

400 MYA – "Walking Fish"

375 – 360 MYA – Late Devonian Extinction eliminated about 19% of all families, 50% of all genera and at least 70% of all species.

365 MYA – Amphibian (first land dwellers)

365 MYA – Oldest animal to have feet rather than fins – Tiktaalik

350 MYA – Oldest Reptile – Westlothiana

290 MYA – Pelycosaur – Gorgonopsia

252 MYA – "The Great Dying" Permian – Triassic Extinction killed 57% of all families, 83% of all genera and 90% to 96% of all species (53% of marine families, 84% of marine genera, about 96% of all marine species and an estimated 70% of land species,

250 MYA – Pangaea

225 MYA – EO Raptor (Dinosaur)

220 MYA – Triconodont

213 MYA – Oldest True Frog – Vieraella

201 MYA – Triassic – Jurassic Extinction Event. About 23% of all families, 48% of all genera (20% of marine families and 55% of marine genera) and 70% to 75% of all species became extinct

165 MYA – Oldest Placental Mammal – Eutherian

130 MYA – Oldest Flower – Montsechia vidalii

100 MYA – Shrew –

CHONPSCKClNaMgFeFZnSiCuBrMnSeCrMoCoV

95.5 MYA – Oldest Flying bird –

92 MYA – Oldest Bee – Melittosphex

80 MYA – Oldest Ant – Sphecomyrma

66 – MYA – Cretaceous – Paleogene Extinction. 17% of all families, 50% of all genera and 75% of all species became extinct. In the seas all the ammonites, plesiosaurs and mosasaurs disappeared and the percentage of sessile animals (those unable to move about) was reduced to about 33%.

45 MYA – Lemur

35 MYA – Oldest Primitive Monkey – Apidium

25 MYA – Old World Monkey – CHONPSCKClNaMgFeF

ZnSiCuBrMnSeCrMoCoV

5.5 Million YA – Prehistory (stone Ages)

5.5 MYA – Chimpanzee

3.7 MYA – Kenyanthropus platyops

3.3 MYA Earliest Stone Tools – Harmand 2015

3.2 MYA – Australopithecus

3.2 MYA – Lucy – AL 288-1

6,000 – 7,000 BC Kennewick man

2.5 MYA Mankind's first tool, the knife

2.4 MYA – Homo Habilis

1.8 MYA – Homo erectus

790,000BC Earliest known traces of controlled Fire – goren-inbar2004

500,000 – 300,000 – 10,000 BC – Burials, ceremonial pit, ochre and sea shells

31,000 BC Red Lady of Paviland

400-380,000 – Schoningen Spears

260,000 – Bali Skull

150,000 – early human (human molecule – CHONPSCKClNaMgFeF

ZnSiCuBrSnMnSeCrNiMoCoV)

42,000 – Malaysian Bali Sarawak cave painting...

35,400BC oldest animal painting (pig) Timpuseng

15,300 Caves at Lascaux, france, 13,000BC Cave of the [illegible]

6,000 BC Cosquer Cave

50,000 BC – A Sewing needle made from bird bones – Siberia Cave

50,000 YA – (Last common ancestor) Y-Chromosome man (DNA tracing, Africa)

35,000 YA – Mediterranean man, Italian Man

43,000 BC – The Divje Babe Flute – oldest musical instrument

40,000 BC Flute from Geißenklösterle cave, Southern Germany, made from bird bones

35,000 BC Aurignacian flute

40,000 – Australian Man

35,000 BC the Lowenmensch figurine

35,000 BC Venus of Hohle Fels

28,000 – The Gabarnmung Shelter – owned by Jawoyn tribe of Australia's northern territory

27,000 BC Venus of Dolni Vestonice

25,000 BC Venus of Brassempouy

25,000 BC Venus of Brassempouy

6,000 BC Mother Goddess from Çatalhöyük

35,000 YA – European Man (George V)

30,000 YA – Siberian Man

32,000 YA – Japanese Man

15,000 YA – Alaskan (Eskimo) Man

14,700 BC – First Domestic Dog

13,000-11,700 – Domestic Pig... Dog, horse,

13,000

12,000 YA – Scandinavian Man (Magnus Samuelsson) and North American Man

11,000 BC Farming – Rye Cultivation

11,000 South American Man

11,000 BC Fermentation residue Raqefet cave –

(9500-3500BC – Göbekli Tepe) Dietrich2017?

3700 BC – Sumerian Form [illegible]

During the building of the Great Pyramids in Giza, Egypt, each worker got a daily ration of four to five liters of beer, which served as both nutrition and refreshment that was crucial to the pyramids construction

2500BC the Ebla tablets

10,000 BC development of technics of agriculture

10,000 BC – Walled City of Jericho

8,000 BC – The City of Eridu, argued to be the oldest city in the world

8,000 BC – Hemp possibly one of the earliest – long2016, Russo2007

9,000 YA – Irish Man

4000BC in Mesopotamia each Sumerian city-state was headed by a leader who was called lugal, 'big man', or ensi, 'prince-priest'. He was appointed by the god to rule the city and was supposed to live in his temple. Texts describe royalty as power coming from the gods, a tradition passed on to the Semites as it crops up again in Babylon and Assyria, where the kings' names had similar meanings. They derived their power from their enthronement and coronation. An extensive vocabulary referring to divine light and divine splendour was used to describe their attributes. Since the king was responsible for building temples, organizing offerings to the gods, worship, sacrifices and feasts, functionaries gradually replace him and various duties were delegated to priests."

appointed by the god to rule the city and was supposed to live in his temple."

3500 BC – Recorded History and Bronze Ages 3500

3150 BC – Ljubljana marshes wheel

3100 – Stone Henge

3000BC "From the beginning of the third millennium BC we find the same form of government from India to the Atlantic both among nomadic peoples and ethnic groups settled in one place: they had at their head a leader who was acknowledged to have divine powers. Historians call this sacral kingship ...."

3000BC the Narmer Palette, in which the king is shown holding a mace and striking an enemy whom he holds by the hair. Also shown are stylized figures of enemies decapitated with their heads put between their legs.

3000 BC – Water Wheel – [illegible]

[illegible]

3000 – Mohen Road Canal

3000-1780BC papyrus from ancient Egypt, these include accounts of victorious military expeditions, and they seem intended to glorify the generals and pharaohs involved.

2900BC The Stela of vultures is a bas-relief of the victory of the ruler of Lagash in the twenty-ninth century BC

2685BC "Standard of UR", [illegible]

2630-2611 – pyramid of djoser,

2580 – 2560 – the great pyramid of giza, pyramid of khufu

2254-2218BC the "victory stela" of Naram Sin (2254-2218 BC), shows the king standing upon his vanquished enemies.

2200 & 1100BC (sixth and twentieth dynasty) insurrection of the masses, "both had their origin in the failure of the ruling classes to permit the masses to have sufficient food and both were accompanied by disorder, murder, and robbery" Moret and Turner

2100 BC Epic of Gilgamesh

"fill your belly, day and night make merry" – Beer reference

The coffin Texts, Negative Confessions (Papyrus of Ani)

Weighing of the Heart Book of the Dead

1508-1482 – Hatshepsut, first known woman reigning as pharaoh

1810-1750 – Code of Hammurabi

<u>1754BC The Code of Hammurabi</u>

1700 – 1100 BC – vedas

1600BC "The Shang dynasty [illegible]

1600 BC – Edwin Smith Papyrus – examination, treatment, prognosis

1550 BC – The Ebers Papyrus

1550-1250 BC Book of the dead

1450 – Linear B, 200 signs

1400BC Rigveda composed orally [illegible]

Comment [sb1]: identify an enemy

1340BC The treasures of Tutankhamun, [illegible]

1304-1237BC One of the battles during the reign of the pharaoh Ramses is recorded in scenes on temples erected at the time as well as in several papyrus manuscripts, the manuscripts describe not only details of the military campaign, but also the importance of spies, military reconnaissance and a peace treaty at the end

1500-1000 BC The Enuma Elish – seven tablets describing creation of humans

1200 BC – Iron Ages

religious ideas originating with a few thousand tribesmen invading Canaan about 1250 BC... on the basis of beliefs of all jews, christians, and muslims

1237-1226BC The victory stela of Merenptah [illegible]

1200 The Gathas of Zarathustra

1027-771BC the Western Zhou Dynasty [illegible]

900BC "In Mesopotamia... In another bas-relief in the palace of Nimrud, Ashurnasirpal (ninth century BC) is shown laying siege to a city. Two centuries later, and using the same technique Ashurbanipal appears in a hunting scene at his palace in Nineveh."

900 – 400 BC – The Mahabharata

668-627BC Ashurbanipal extensive library, over 20,000 cuneiform tablets, "The art of master Adapa I learned - the hidden treasure of all scribal knowledge ... I mounted my horse ... I held the bow. I shot the arrow, the sign of my valour. I threw unwieldy azmaru-spears like arrows. Holding the reins like a driver I made the wheels go round. I learned to handle the aritu and heavy kababu shields like a fully-equipped bowman."

559 BC – 651 AD Zoroastrianism was the dominant world religion during the Persian empires

551 – 479 – Confucius

570-495 BC – Pythagoras "harmony of the spheres" belief attributed (Self Discovery)

Hippocrates, Nature

428-348 – Plato, Theatetus

384 – 322 – Aristotle

325 – Euclid

544-496 Sun Tzu, The Art of War, [illegible]

Comment [sb2]: Control of information; secrecy and surprise

<u>539BC The Cyrus Cylinder</u>

539 BC – The Business of Marriage

515BC The Behistun Inscription (c. 515 BC) detailing the rise of Darius I to the Persian throne, can be seen as an early example of propaganda.

500 BC – 133 – oldest board game continued to be played

<u>450BC – The Twelve Tables</u>

450BC The Gortyn Laws that have been preserved as stone inscriptions in Crete make reference to rights of marriage and property: "XI. If a slave going to a free woman shall wed her, the children shall be free; but if the free woman to a slave, the children shall be slaves; and if from the same mother free and slave children be born, if the mother die and there be property, the free children shall have it; otherwise her free relatives shall succeed to it."

800-400BC *The Axial Age*, The relation of religions to the state is very contradictory when seen in historical perspective. While state religions were being used to support the state's culture of war, other religions arose in opposition to the state's culture of war. Their prophets spoke of non-violence and brotherhood instead of violence and enemy images, and they gave rise to the great religions of later history. In the period around 800-400 BC, called the "Axial Age" by the philosopher Karl Jaspers (1953), Confucius taught in China, the Siddhartha Gautama (Buddha) taught in India, Zoroastrianism

arose in Persia and Jainism in India, the Upanishads were written in India, Elijah, Isaiah and Jeremiah prophesied in Israel, foreshadowing the life and teachings of Jesus and Mohammad at a later time

400 BC – 318 AD – The Dead Sea Scrolls
384-322 BC – Aristotle's refined analysis of logical implications
460-370BC Hippocratic Corpus
350-283BC The Arthashastra written by Chanakya (c. 350 283 BC), a professor of political science at Takshashila University and a prime minister of the Maurya Empire, discusses propaganda in detail, such as how to spread propaganda and how to apply it in warfare. His student Chandragupta Maurya (c. 340 - 293 BC), founder of the Maurya Empire, employed these methods during his rise to power.

300 – 500 AD – The stoics/stoicism
268-232BC Edicts of Ashoka, The emperor Ashoka renounced his earlier military exploits and adopted the non-violence of the Buddhist religion for his kingdom.

200BC A quarter of a million slaves rose in revolt in Sicily, they were starved into submission and thousands of them were crucified

300 – The Lotus Sutra
70BC – Servile Wars LED BY Spartacus and History of Slavery
40BC Organon, arrangement of the works of Aristotle made by andronicus of Rhodes

59BC – 17AD The writings of Romans such as Livy (c. 59 BC 17 AD) are considered masterpieces of pro Roman propaganda."
61AD Nero's urban prefect was murdered by one of his slaves, every slave - the entire household of 400 slaves - under the same roof at the time of such a murder was to be put to death as a deterrent
129-200AD – Galen, *On the Temperaments*

100-170 – Ptolemy

300AD the following excerpt from a poem by Fu Xuan in the Third Century BC: "How sad it is to be a woman! Nothing on earth is held so cheap. Boys stand leaning at the door Like Gods fallen out of Heaven. Their hearts brave the Four Oceans, The wind and dust of a thousand miles. No one is glad when a girl is born: By her the family sets no store. Then she grows up, she hides in her room Afraid to look a man in the face. No one cries when she leaves her home-Sudden as clouds when the rain stops. She bows her head and composes her face, Her teeth are pressed on her red lips: She bows and kneels countless times. She must humble herself even to the servants."
300-500AD Samaritan Decalogues; "Oldest -known carving of [The Ten Commandments] the moral code shared by Judaism, Christianity and Islam alike": 1. Thou shalt have no other gods 2. Thou shalt not make unto thee any graven image 3. Thou shalt not take the name of the Lord god in vein 4. Remember the Sabbath day to keep it holy 5. Honor thy father and thy mother 6. Thou shalt not kill 7. Thou shalt not commit adultery 8. Thou shalt not steal 9. Thou shalt not bear false witness against thy neighbor 10. Thou shalt not covet thy neighbors house, wife, slaves, animals or anything else

500AD – Dark Ages
500AD Mazdakian revolt, Iranian peasants rose against the priests and nobles, seizing land and cattle and transforming their villages into communistic communities

The Babylonian Talmud (500 AD) notes the human tendency toward projection and warns against it: "Do not taunt your neighbour with the bleach you yourself drank."[7]

570 – Muhammad is born in the city of Mecca
622 The Constitution of Medina

965-1039 Iraq – al-haytham – emphasis on experimental data and reproducibility of its results
1215 The Magna Carta, [illegible]
1240-1305 The Zohar

printing invented by Johann Gutenberg in 1450

1492 – The Great Dying in the America's Begins – European epidemics removed 90% of the indigenous population of 60.5 million – Koch2019 & RJ Rummel

1500 AD – Early Modern Ages

1517 Martin Luther nailed his nintey-five theses to the door of the church at Wittenberg, and that began the history of Protestant Reformation... Crusaders sacked Constantinople and destroyed manuscripts and scientific speculations, the entire scientific product of a culture of ancient Greeks in 1204

1543 On the Revolutions of the Heavenly Spheres

1571 – 1630 – Kepler –
1564-1642 – Galileo Galilei –
1611 King James Bible first published
1700 – Late Modern Ages
1620 The New Organon: or True Directions Concerning the Interpretation of Nature
1632 *Dialogue Concerning the Two Chief World Systems*
1637 *Discourse on the Method of Rightly Conducting One's Reason and Seeking Truth in Science*, [illegible]

1642 blaise pascal invented an addidng machine consisting of a set of wheels connected by gears... 1674 gottfried von leibnitz did the same thing... 1850 cash register invented by D.D. Parmalee... 1944 first large scale automatic calculating device – the first machine we could call a computer. Weighed five tons and had over three thousand electricl relays and five hundred miles of wiring. 1946 first electronic computer wighs 30 tons

1644 Principles of Philosophy
1687 Mathematical Principles of Natural Philosophy, Principia, Newton's Laws of Motion and Universal Gravitation, [illegible]

1724-1804 – Immanuel Craft "Enlightenment is man's emergence from his self-incurred immaturity", "Dare to be wise!"
[illegible] Johann Herder (1744-1803) argued that human creativity, which necessarily takes unpredictable and highly diverse forms, is as important as human rationality
1860 Adolf Bastian argued for "the psychic unity of mankind". He proposed that a scientific comparison of all human societies would reveal that distinct worldviews consisted of the same basic elements. According to Bastian all human societies share a set of "elementary ideas", different cultures, or different "folk ideas" are local modifications of the elementary ideas
"Compared to Enantiodromic Universal, and any model camp which identifies these "elementary ideas ...[in] the minds of all people operate in the same way"
Matthew Arnold (1822-1888) used the word "culture" to refer to an ideal of individual human refinement, of "the best that has been thought and said in the world." This concept of culture is also comparable to the German concept of bildung: "...culture being a pursuit of our total perfection by means of getting to know, on all the matters which most concern us, the best which has been thought and said in the world."

(Arnold, Matthew. 1869. Culture and Anarchy.
(Williams (1983), p. 90. Cited in Shuker, Roy (1994). Understanding Popular Music, p. 5. ISBN 0-415-10723-7. argues that contemporary definitions of culture fall into three possibilities or mixture of the following three" a general process of intellectual, spiritual, and aesthetic development", "a particular way of life, whether of a people, period, or a group", "the works and practices of intellectual and especially artistic activity".)
1748 The Spirit of the Laws, Separation of Powers, civil liberties, and the end of slavery
1754 Discourse on the Origin and Basis of Inequality Among Men, Private Property as the original source and basis of all inequality
1760-1820/1840 Industrial Revolution
1762 *The Social Contract*, [illegible]

1764 Joseph black developed an understanding of the interconnection of heat with the boiling of water and the condensing of steam... in 1769 James watt worked out a design for the first practical steam engine. Watt's steam engine was the first "prime mover" based on heat. It was the first device thaat took heat energy from the inanimate world (burning coal, for insance) and put it to wor doing things that until then it was customary for animal muscle to do. With the steam engine there began the "Indutrial Revolution"

1776 Declaration of Independence, [illegible]
1781 (discover in 'google docs' compilation)

1787 john fitch had built and was running a steamship on the Delaware river

1789 Constitution of the United States of America, [illegible]
1782 – The Great Seal of the United States – E Pluribus Unum, Out of Many, One. The Eagle has its head turned toward the Olive Branch, said to symbolize a preference for peace.
1789 Discovery of Oxygen
1800-1850 Romanticism
1807 Phenomenology of Spirit, Hegel, Master Slave Dialectic (include thesis, antithesis, synthesis?)

1831 cryus hall mccormick invented a mechanical reaper... in 1800, nearly everyone was a farmer,... by 1973, fewer than one in twenty amerians lived on farms... 1835 samuel colt invented the revolver or "six-shooter"... 1836 john ericsson invents screw propeller to replace the water wheel

first electrical motor in 1834 thomas davenport built... in 1844 the first message went winging along the first telegraph line from Washington to Baltimore

1839 charles goodyear discovered (accidentally) the process of the vulcanization of rubber, making rubber a practical industrial material... 1859 edwin drake was the first to drill for oil near titusvile, pennsylvania... 1846 elias owe of massachussets built the first practical sewing machine... 1852 the first practical elevator devised by Elisha Graves Otis...safety pin by walter hunt in 1849. repeating rifle invented by oliver winchester in 1860. machine gun invented by richard gatling in 1862... rotary printing press by richard hoe in 1846 making the modern large-circulation newspaper possible. 1865 novel about flight to the moon by Jules Verne...

1844/1845 *Condition of the Working Class in England*, [illegible]

1848 Declaration of Sentiments and Resolutions, [illegible]
1848 *The Communist Manifesto*, Marx and Engels, [illegible]

1858 telegraphic communication by means of a cable laid across the Atlantic by the American financier Cyrus West Field of Massachusetts, made it possible for Queen Victoria to talk to President Buchanan as thought the three thousand miles between them had disappeared... 1861 civil war begins

1867, *Capital: Critique of Political Economy*, [illegible]

1876 alexander graham bell invents the telephone...

1876, Socialism: Utopian and Scientific
1879 edison invents electric light
1887, *on the genealogy of morality*, Nietzsche master slave morality

1888 radio waves discovered by heinrich hertz, 1901 guglielmo marconi transmitted a beam of radio waves across the atlantic ocean from england to newfoundland, tv 1948

1893 "Collective Consciousness"
1897 "Anomie"

1900 the first "dirigible balloon" (one that could be directed even against the wind) flew by ferdinand von zeppelin 1903 wilbur and orville wright placed an engine on a glider and successfully flew 120 feet, remaining in the air for 12 seconds. 1905 stayed in the air for half an hour and flew 24 miles... 1921 transcontinentalmail was being carried by air... 1923 new york to san diego in 27 hours flown by o.g. Kelly and j.a. Macready... 1927 Charles lindbergh solo flight from new york to paris in 33.5 hours. 1940 first commercial helicopter designed by igor sikorsky... 1941 first practical jet plane.. 1947 jet plane first flew faster than the speed of sound 760 mph... 1961 fist man circle earth beyond the atmosphere and 1969 neil armstrong first man to set foot on another world

1901 Classical Conditioning
1902/1938 Operant Conditioning

1905 einstein theory of relativity... 1942 manhattan project 1945 first nuclear bomb... 1958 us builds first civilian nuclear power plant... rutherford discovers proton...

christmas eve 1906 music and speech came out of a radio receiver for the first time... 1938 first practical vision camera "iconoscope" by vladimir zworykin... 1960 first communications satellite, the very primitive echo I was launched. Early bird 1965 could handle 240 voice circuits or 1 tv channel. 1971 intelstat IV 5,000 voice circuits or 12 TV channels. 19035 lasers developed, smaller wavelength than radio waves, room for millions of channels

1914–1918 = WW1

1917 A Theology for the Social Gospel, [illegible]

1923, *History of Class Consciousness*, "commodity fetishism, which Lukacs completed with his concept of reification[alienation]s what follows the workers estrangement to the world following the new life acquired by the product of his work"(reflecting the conclusion of the master slave dialectic by hegel) a

1933 Business Plot

1934 Communications Act [illegible]

1935 – Guerich Pact [illegible]

1936 Cerletan Mechanisms

1938 Operant Conditioning Chamber

1939–1945 = WW2 : The Holocaust

1941 The Declaration of St James Palace in London a "World we win only to live in dread of yet another war? Should we not define some purpose more creative than military victory? Is it not possible to shape a better life for all countries and peoples and end the causes of war at their source?"

1941 a The Atlantic Charter : [illegible]

1942 a Declaration of the United Nations

1943 A theory of Human Motivation (Maslow's Hierarchy of Needs)

1945 AD = Contemporary Modern Age

1945 a First United Nations Gathering at San Francisco!

1945 Charter of The United Nations, [illegible]

1945 Constitution of the United Nations Educational, Scientific and Cultural Organization, [illegible]

Comment [sk2]: This concept is expanded in Freud's theory of alienation' is an early answer to the problem of moral disengagement and dubnds alienation

1946 *Man's Search for Meaning*, [illegible]

1947 Gandhi, India of My Dreams [illegible]

1948 Declaration of Universal Human Rights, [illegible]

1948 a Federal Water Pollution Control Act

1972 a The Clean Water Act (CWA)

1950/1955 Berlyne Demonstrated that rats were quick to explore novel spaces, "rats will incur pain, and hungry monkeys will pass up food, to get the opportunity to explore a new area of their enclosure"

1950 Suppression of Communism Act [illegible]

1950 Declaration of Conscience the basic principles of "Americanism" were: The right to criticize; The right to hold unpopular beliefs; The right to protest; The right of independent thought

1951 The Invasion Secrecy Act [illegible]

1955 Conformity, Solomon Asch

1955/1956 *Our Capacity for Processing Information Jr.*

1956 a "In God We Trust"

1957 *A Theory of Cognitive Dissonance*

1957 *Transactional Analysis*

1957 *Schedules of Reinforcement*

1958 The Capitalist Manifesto [illegible]

1958 *Applications of Information Theory to Psychology Jr.*

1959, *The Evolution of Culture*, Leslie White [illegible]

1960 Sharon Statement 1. Individual freedom and the right of governing originate with God, 2. Political freedom is impossible without economic freedom, 3. Limited government and strict interpretation of the Constitution, 4. The free market system is preferable over all others, 5. Communism must be defeated, not contained

1961 cit. Experiment, Milgram

1961 Farewell Address to the Nation, Dwight D Eisenhower, [illegible]

1962 Port Huron Statement [illegible]

1963 I have a Dream "...I say to you today, my friends, though, even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up, live out the true meaning of its creed: ""We hold these truths to be self-evident, that all men are created equal..."

1964 a Civil Rights Act

1965 Harlow's Monkeys

1967 Learned Helplessness/Depression, Seligman

1968 Bystander Effect

1968 *How Discrimination Feels*, Blue Eye, Brown Eye Exercise, Jean Elliott

1971 Stanford Prison Experiment

1971 a The War on Drugs

1973 Being Sane in Insane Places

1973 Becker "Denial of Death"

1976 *The Origin of Consciousness in the Breakdown of the Bicameral Mind, Jaynes defines consciousness – in the tradition of Locke and Descartes – as "that which is introspectable"*

1981 Rat Park Experiment

1982 *Judgement under uncertainty, Heuristics*

1985 Neuroscience of Free Will Libet

1986 20,000,000 Bits vs. 40 Bits Jr.

1986 Seville Statement [illegible]

1986,1990 a 1,250,000 US troops deployed against US Citizen

1987 *The Myth that War is Intrinsic to Human Nature Discourages Peace Activists*

1988 "Human Molecule" by cannibus Aboriginal Artist

2004 logical conclusion[illegible], first recorded attempt for complicated molecular structure

1989 Convention on Rights of Children [illegible]

1990 Theory of Recovery through Retraditionalization and Identity Transformation Grounded in Data, (LaFrombaise, Hoyle, Oser, 1990)

1990 Learned Optimism

1990 Americans with Disabilities Act

1992 Learned Industriousness

1994 Betrayal Trauma

1995 *The Hard Problem of Consciousness, facing up to the Problem of Consciousness, Chalmers,* [illegible]

1996 *Manufacturing false memories using bits of information*

1997 (A/52/93) UNESCO document on the culture of peace, identifies 8 aspects of a culture of war: 1. armies and armaments 2. authoritarian rule associated with military leadership 3. control of information through secrecy and propaganda 4. identification of an "enemy" 5. education of young men from the nobility to be warriors 6. male domination 7. wealth based on plunder and slavery 8. economy based on exploitation of people (slaves, serfs, etc.) and the environment

1998 40,000,000 Bits

1998 The Differentiation of Self Inventory

1998 Tobacco Master Settlement Agreement

1999 a Declaration, Resolution and Programme of Action for a Culture of Peace, translated into more than 50 languages and signed by over 75 million individuals

1999 Declaration on a Culture of Peace

1999 Program of Action on a Culture of Peace

2002 Patent Nonuse and the Role of Public Interest as a Deterrent to Technology Suppression

2007 Declaration on the Rights of Indigenous People

NA. Desk
Governmental Change

2008 *The History of the Culture of War*, Adams, updates the 8 aspects of a culture of war identified in the original UNESCO document on a culture of peace to 15 1. armies and armaments 2. neocolonialism 3. the internal culture of war and economies based on exploitation (capitalist exploitation of workers and of the environment, as well as exploitation and destruction of the environment) 4. means to deter worker revolts and political dissidents including internal use of military power, prisons and executions 5. the military-industrial complex 6. the drugs-for arms trade 7. authoritarian rule associated with military leadership 8. control of information through secrecy and propaganda 9. identification of an "enemy" 10. education for a culture of war 11. male domination 12. religious institutions that support the government and military 13. artistic and literary glorification of military conquest 14. nationalism 15. racism, both institutional and attitudinal

2008 *The sinking of the conscious intention to move*

2010 Universal Declaration on Rights of Mother Earth

2013 a Multinational Corporations' Economic and Human Rights Impacts on Developing Countries, Oxford
2015 a University of Illinois released it's study on governmental corruption

2015 *Terror Management Theory*, "A basic psychological conflict results from having a self-preservation instinct whilst realizing that death is inevitable and to some extent unpredictable. This conflict produces terror, and the terror is then managed by embracing cultural values, or symbolic systems that act to provide life with enduring meaning and value."

2016 Conscious Business Declaration 1. We Are One with humanity and all of life. Business and, all institutions of the human community are integral parts of a single reality — interrelated, interconnected and interdependent. 2. In line with this reality, the purpose of Business is to increase economic prosperity while contributing to a healthy environment and improving human wellbeing. 3. Business must go beyond sustainability and the philosophy of "do no harm" to restoring the self-renewing integrity of the Earth. 4. Business must operate with economic, social, and ecological transparency. 5. Business must behave as a positive and proactive member of the local and global communities in which it operates. 6. Business that sees, honors, and celebrates the essential interconnected nature of all human beings and all life maximizes human potential and helps create a world that works for all. 7. When aligned with Oneness, Business is the most powerful engine on Earth for creating prosperity and flourishing for all.

2018 U.S. Department of Labor's List of Goods Produced by Child Labor or Forced Labor

Emancipation Proclamation
Civil Rights Acts

1300 CE a average brain size

mid Neolithic c3BC (Avies)

16,000BC Walled City of Jericho and the Culture of War in the ancient Hebrew Bible

4000BC in Mesopotamia each Sumerian city-state was headed by a leader who was called lugal, 'big man', or ensi, 'prince-priest'. He was appointed by the god to rule the city and was supposed to live in his temple. Texts describe royalty as power coming from the gods, a tradition passed on to the Semites as it crops up again in Babylon and Assyria, where the kings' names had similar meanings. They derived their power from their enthronement and coronation. An extensive vocabulary referring to divine light and divine splendour was used to describe their attributes. Since the king

was responsible for building temples, organizing offerings to the gods, worship, sacrifices and feasts, these tasks gradually replace him and various duties were delegated to priests."

3000BC "From the beginning of the third millennium BC we find the same form of government from India to the Atlantic look among nomadic peoples and ethnic groups settled in one place they had at their head a leader who was acknowledged to have divine power to. Historians call this sacred kingship ..."

3000BC the Narmer Palette, in which the king is shown holding a mace and striking an enemy whom he holds by the hair. Also shown are stylized figures of enemies decapitated with their heads put between their legs.

3000–2700BC papyrus from ancient Egypt, these include accounts of victorious military expeditions, and they were intended to glorify the generals and pharaohs involved.

2900BC The Stele of vultures is a bas-relief of the victory of the ruler of Lagash in the mid-twenty-fourth century BC

2615BC "Standard of UR", shows elaborate scenes on its two sides, one of peace (a banquet scene) and one of war, including four-wheeled chariots trampling opponents to armies, soldiers carrying axes, and prisoners of war being presented to the king.

2261–2224BC the "victory stele" of Naram-Sin (2254–2218 BC), shows the king standing upon his vanquished enemies.

2200 & 1100BC (ninth and twentieth dynasty) insurrection of the masses, "theft had their origin in the failure of the ruling classes to permit the masses to have sufficient food and both were accompanied by disorder, murder, and robbery" Monet and Tanor

1754BC The Code of Hammurabi

1600BC "The Shang dynasty ruled a slave-owning state. As the largest slave owner, the Shang king was always launching wars upon other tribes in order to seize as many captives as possible. Being their owner?'ends and property, slaves had to engage in all sorts of productive and domestic work and, moreover, they were often given away as rewards and gifts, and even sacrificed as human victims to be buried with their dead owners or offered to gods and spirits in religious ceremonies. In the royal burial area of the Yin ruins, numerous sacrificial pits arranged regularly have been uncovered, each containing about a dozen headless skeletons, the remains of human victims in successive memorial ceremonies to the departed Shang kings. According to statistical data, the Yin ruins have yielded human victims totalling over 2,500 ... such large-scale slaughter reflects the slave-owning nature of Shang society.

1400BC Hyksos conquered avidly, "The despicable enemies who dare deny Inhrit supremacy are subjected to as close as dogs. They have a black complexion, the worst and they are indifferent to the gods. They do not perform the Aryan sacrifices and positively worship the gladius. But they are wealthy with great stores of gold and live in fortified strongholds." According to other verses slavery was practiced

1340BC The treasures of Tutankhamun, include enamelled painted scenes that glorify the king as warrior and hunter. On one side of a painted chest the king is shown his hunting, which is larger than any other figure, showing enemies or enemies who litter the ground in disorder. On the other side a similar design shows the king shooting at wild animals that are wounded and dying.

1361–1333BC One of the battles during the reign of the pharaoh Ramses is recorded in scenes on temples erected at the time as well as in several papyrus manuscripts, the manuscripts describe not only details of the military campaign, but also the importance of spies, military reconnaissance and a peace treaty at the end.

1237–1230BC The victory stele of Merneptah melo commemorate his victory over the Libyan and Peoples He invaders, whom they called the 'sea people'. On the same stele is also commemorated the Egyptian invasion and destruction of Israel, including the lines, 'Israel is laid waste, its seed exists not more'. "

1027–771BC the Western Zhou Dynasty "— As the bottom of society were slaves who had lost their personal liberty." — "Some new religious ideas, for instance, the concept of the Supreme God (Shang-Di), came into existence. The Supreme God was believed to be the sovereign dominating all other gods, and it was he who granted the 'mandate of the heaven' to the kings and entrusted them with the power of ruling the world. Such use of religious ideas to support the dynasty's domination was a new development." — "... many documents have been preserved from the Western Zhou Dynasty, including the I Jing (divination manual), the Shi Jing (Book of Odes) and the Shu Jing (Book of Documents). The latter includes many documents relating to warfare, such as 'the speech at the battle of Gan,' 'The punitive expedition of Yin', 'the successful completion of the war on Shang'],

900BC "In Mesopotamia... In another bas-relief in the palace of Nimrud, Ashurnasirpal (ninth century BC) is shown laying siege to a city. Two centuries later, and using the same technique Ashurbanipal appears in a hunting scene at his palace in Nineveh."

683–627BC Ashurbanipal extensive library, over 20,000 cuneiform tablets, "The art of master Adapa I learned ... the hidden treasure of all scribal knowledge ... I mounted my horse ... I held the bow. I shot the arrow, the sign of my valour. I drew sensibly across spear like arrows. Holding the reins like a driver I made the wheels go round. I learned to handle the axes and heavy battle shields like a fully-equipped horseman."

1115BC The Behistun Inscription (c. 515 BC) describing the rise of Darius I to the Persian throne, cast for same as an early example of propaganda.

551–479BC (Confucius)

544–496 Sun Tzu, The Art of War, "The art of war is of vital importance to the State. It is a matter of life and death, a road either to safety or to ruin. Hence it is a subject of inquiry which can on no account be neglected. The art of war, then, is governed by five constant factors, to be taken into account in one's deliberations, when seeking to determine the conditions obtaining in the field. These are: (1) The Moral Law; (2) Heaven; (3) Earth; (4) The Commander; (5) Method and discipline.... The Moral Law causes the people to be in complete accord with their ruler, so that they will follow him regardless of their lives, undismayed by any danger.... Heaven signifies night and day, cold and heat, times and seasons.... Earth comprises distances, great and small; danger and security; open ground and narrow passes; the chances of life and death.... The Commander stands for the virtues of wisdom, sincerity, benevolence, courage and strictness.... By method and discipline are to be understood the marshalling of the army in its proper subdivisions, the graduations of rank among the officers, the maintenance of roads by which supplies may reach the army, and the control of military expenditure." "All warfare is based on deception.... Hence, when able to attack, we must seem unable; ... when using our forces, we must seem inactive; when we are near, we must make the enemy believe we are far away; when far away, we must make him believe we are near.... Hold out baits to entice the enemy. Feign disorder, and crush him.... If he is secure at all points, be prepared for him. If he is in superior strength, evade him.... If your opponent is of choleric temper, seek to irritate him. Pretend to be weak, that he may grow arrogant.... If he is taking his ease, give him no rest. If his forces are united, separate them.... Attack him where he is unprepared, appear where you are not expected.... These military devices, leading to victory, must not be divulged beforehand."

539BC The Cyrus Cylinder

450BC The Gortyn Laws that have been preserved as stone inscriptions in Crete make reference to rights of marriage and property: "51. If a slave going to a free woman shall wed her, the children shall be free; but if the free woman to a slave, the children shall be slaves; and if from the same mother free and slave children be born, if the mother die and there be property, the free children shall be to it; otherwise her free relatives shall succeed to it."

500–200BC The Axial Age, The relation of religions to the state is very contradictory when seen in historical perspective. While state religions were being used to support the state's culture of war, other religions arose in opposition to the state's culture of war. Their prophets spoke of non-violence and brotherhood instead of violence and enemy images, and they gave rise to the great religions of here history. In the period around 900–600 BC, called the "Axial Age" by the philosopher Karl Jaspers (1953), Confucius taught in China, the Siddhartha Gautama (Buddha) taught in India, Zoroastrianism arose in Persia and Judaism in India, the Upanishads were written in India, Elijah, Isaiah and Jeremiah prophesied in Israel, foreshadowing the life and teachings of Jesus and Mohammed at a later time

460–370BC Hippocratic Corpus

450BC a The Twelve Tables

356–323BC The Arthashastra written by Chanakya (c. 350–283 BC), a professor of political science at Takshashila University and a prime minister of the Maurya Empire, discusses propaganda in detail, such as how to spread propaganda and how to apply it in warfare. His student Chandragupta Maurya (c. 340 – 293 BC), founder of the Maurya Empire, employed diverse methods during his rise to power.

300BC Stoicism

264–241BC Edicts of Ashoka, The emperor Ashoka renounced his earlier military exploits and adopted the non-violence of the Buddhist religion for his kingdom.

200BC A quarter of a million slaves were in revolt in Sicily, they were coerced into submission and thousands of them were crucified

73BC Spartacus led slave revolt in Italy, 6,000 of his followers were crucified along the Appian Way

60BC Diodorus, assessment of the works of Aristotle made by audiences at Rhodes

49BC a 17.62 The writings of Romans such as Livy (c. 59 BC–17 AD) are considered masterpieces of pro-Roman propaganda."

43 AD Nero's urban prefect was murdered by one of his slaves, every slave – the entire household of 400 slaves – under the same roof at the time of such a murder was to be put to death as a deterrent

129–200 AD a Galen, On the Temperaments

30th–80AD Samaritan Decalogues, "Elders' Answer carving of [The Ten Commandments](the sacred code shared by Judaism, Christianity and Islam-ellie"): 1. Thou shalt have no other gods 2. Thou shalt not make unto thee any graven image 3. Thou shalt not take the name of the Lord god in vain 4. Remember the Sabbath day to keep it holy 5. Honor thy father and thy mother 6. Thou shalt not kill 7. Thou shalt not commit adultery 8. Thou shalt not steal 9. Thou shalt not bear false witness against thy neighbor 10. Thou shalt not covet thy neighbors house, wife, slaves, animals or anything of his

100AD the following excerpt from a poem by Fu Xuan in the Third Century BC: "How sad it is to be a woman! Nothing on earth is held so cheap. Boys stand leaning at the door Like Gods fallen out of Heaven. Their hearts leave the Four Oceans, The wind and dust as I command smiles. No one is glad when a girl is born By her the family sets no store. Then she grows up, she hides in her room Afraid to look a man in the face. No one at tea when the lovers have been Bidden to drink when she is on stage. She bares her head and composes her face, Her teeth are pressed on her red lips She bares and kneels countless times. She must humble herself even to the servants."

100AD Mandalon revolt, Iturian peasants rose against the priests and nobles, seizing land and cattle and transforming their villages into communes for common ownership.

The Babylonian Talmud (400–425) notes the human tendency toward projection and warns against it "Do not taunt your neighbour with the blemish you yourself absorb. "[3]

622 The Constitution of Medina

1215 The Magna Carta, (29)No freeman is to be taken or imprisoned or disseised of his free tenement or of his liberties or free customs, or outlawed or exiled or in any way ruined, nor will we go against such a man or send against him save by lawful judgement of his peers or by the law of the land. To no one will we sell or deny or delay right or justice. (39)Establishing the Right to Due Process)

1248–1300 The Zohar

1543 On the Revolutions of the Heavenly Spheres

1620 The New Organon or True Directions Concerning the Interpretation of Nature

1632 Dialogue Concerning the Two Chief World Systems

1637 Discourse on the Method of Rightly Conducting One's Reason and Seeking Truth in Sciences, "Good sense is the best shared out thing in the world, for everyone thinks he has such a good supply of it that he doesn't want more, even if he is extremely hard to please about others things. Since it's not likely that everyone is mistaken about this, it is evidence that the 'power of judging well and of telling the true from the false-which is what we properly call "good sense" or "reason" -is naturally equal in all men; that it is also evidence that our opinions differ not because some of us are more reasonable than others, but solely because we take our thoughts along different paths- and don't attend to the same things."

1644 Principles of Philosophy

1687 Mathematical Principles of Natural Philosophy, Principia, Newton's Laws of Motion and Universal Gravitation, "Every law is an invited theme of reference, an object either remains at rest or continues to move at a constant velocity, unless acted upon by a force. Second law: In an inertial reference frame, the vector sum of the forces F on an object is equal to the mass m of that object multiplied by the acceleration a of the object: F = ma. Third law: When one body exerts a force on a second body, the second body simultaneously exerts a force equal in magnitude and opposite in direction on the first body."

1748 The Spirit of the Laws, Separation of Powers, civil liberties, and the end of slavery

1754 Discourse on the Origin and Basis of Inequality Among Men, Private Property as the original source and basis of all inequality

1760s-1820'S Industrial Revolution

1762 The Social Contract, "Let us then admit that force does not create right, and that we are obliged to obey only legitimate powers"

1776 Declaration of Independence, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.—That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, —That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security."

1781 (disputes in "jungle dues" compilation)

1789 Constitution of the United States of America, "We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, THE Conventions of a number of the States, having at the time of their adopting the Constitution, expressed a desire, in order to prevent misconstruction or abuse of its powers, that further declaratory and restrictive clauses should be added. AMENDMENT I Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances. AMENDMENT II A well regulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed. AMENDMENT III No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, nor in time of war, but in a manner to be prescribed by law. AMENDMENT IV The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized. AMENDMENT V No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the Militia, when in actual service in time of War or public danger; nor shall any person be subject for the same offence to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be

deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.
AMENDMENT VI In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and to have the Assistance of Counsel for his defence. AMENDMENT VII Excessive bail shall not be required, nor excessive fines be imposed, nor cruel and unusual punishments inflicted. AMENDMENT XIII SECTION 1 Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction. ("")Summoned by Declaratio a universal human right"

1789 Discovery of Oxygen
1800s1898 Romanticism
1807 Phenomenology of Spirit, Hegel, Master Slave Dialectic (include thesis, antithesis, synthesis?)
1844/1845 Condition of the Working Class in England, "an industrial revolution, a revolution which at the same time changed the whole of civil society";

1848 Declaration of Sentiments and Resolutions, "We hold these truths to be self-evident that all men and women are created equal....The history of mankind is a history of repeated injuries and usurpations on the part of man toward woman, having in direct object the establishment of an absolute tyranny over her."
1848 The Communist Manifesto, Marx and Engels, "The proletariat inevitably will become conscious of their own potential..."
1867, Capital. Critique of Political Economy, Marx "commodity fetishism" is the perception of the social relationships involved in production, not as relationships among people, but as economic relationships among the money and commodity exchanged in market trade. As such, commodity fetishism transforms the subjective, abstract aspects of economic value into objective, real things that people believe have intrinsic value.
1870, Gentlemen Utopian and Scientific
1897, on the genealogy of morality, Nietzsche master slave morality
1898 "Collective Consciousness"
1897 "Neurosis"
1901 Classical Conditioning
1902/1903 Operant Conditioning
1916 "Collective Unconscious"
1912/1920 Death Drive, Thanik anxiety/Thanatophobia
1917 A Theology for the Emerging Gospel, "the need of being an aid in the development of the social gospel: systematic theology had been a real clog. When a minister speaks to his people about child labor or the exploitation of the lowly by the strong; when he insists on adequate food, education, recreation; and a really human opportunity for all, there is response. People are moved by plain human feeling, and by the instinctive conviction which they have learned from Christ, that lower duties are doubting and discussing voices. We are told that the environment has been serving primary regeneration in what men needs we can not have a regenerate society without regenerate individuals; we do not live for this world but for the life to come; it is not the function of the church to deal with economic questions; any effort to change the social order before the coming of the Lord is foredoomed to failure. These objections all issue from the theological circumstances framed by traditional church teaching. These half-truths are the proper product of a halfway system of theology in which there is no room for social redemption. Thus the church is failing between two voices that call it. On the one side is the voice of the living Christ saying living men today on the other side is the voice of poor ages embodied in theology. When will say that the authority of this voice has restored confidence Christian judgement and produced our attempts to establish God's kingdom on Earth"
1923, History of Class Consciousness, "commodity fetishism, which Lukacs completed with his concept of reification: alienation that follows the workers estrangement to the world following the new life acquired by the product of his work"; reflecting the cone fusion of the master slave dialectic by hegel a
1933 Business Plan
1934 Communication Act "For the purpose of regulating interstate and foreign commerce in communication by wire and radio so as to make available, so far as possible, to all the people of the United States a rapid, efficient, nationwide, and worldwide wire and radio communication service with adequate facilities at reasonable charges, for the purpose of the national defense, and for the purpose of securing a more effective execution of this policy by centralizing authority theretofore granted by law to several agencies and by granting additional authority with respect to interstate and foreign commerce in wire and radio communication, there is hereby created a commission to be known as the "Federal Communications Commission[, which shall be constituted as hereinafter provided, and which shall execute and enforce the provisions of this Act."
1935 a Rentich Pact The most important idea of the Rentich Pact is the legal recognition that the defense of cultural objects is more important than the use or destruction of them for military purposes, and the protection of culture always has precedence over any military necessity.
1936 Defense Mechanisms
1936 Operant Conditioning Chamber
1941 Atlantic Charter, "First, their countries seek no aggrandizement, territorial or other; Second, they desire to see no territorial changes that do not accord with the freely expressed wishes of the peoples concerned; Third, they respect the right of all peoples to choose the form of government under which they will live; and they wish to see sovereign rights and self-government restored to those who have forcibly been deprived of them; Fifth, they desire to bring about the fullest collaboration between all nations in the economic field with the object of securing, for all, improved labor standards, economic advancement and social security; Sixth, after the final destruction of Nazi tyranny, they hope to see established a peace which will afford to all nations the means of dwelling in safety within their own boundaries, and which will afford assurance that all the men in all the lands may live out their lives in freedom from fear and want; Seventh, such a peace should enable all men to traverse the high seas and oceans without hindrance; Eighth, they believe that all of the nations of the world, for realistic as well as spiritual reasons must come to the abandonment of the use of force."
1943 A theory of Human Motivation (Maslow's Hierarchy of Needs)
1945 Charter of The United Nations, "WE THE PEOPLES OF THE UNITED NATIONS DETERMINED to save succeeding generations from the scourge of war, which twice in our life-time has brought untold sorrow to mankind, and to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small, and to establish conditions under which justice and respect for the obligations arising from treaties and other sources of international law can be maintained, and to promote social progress and better standards of life in larger freedom, AND FOR THESE ENDS to practice tolerance and live together in peace with one another as good neighbors, and to unite our strength to maintain international peace and security, and to ensure, by the acceptance of principles and the institution of methods, that armed force shall not be used, save in the common interest, and to employ international machinery for the promotion of the economic and social advancement of all peoples, Article 1 the purposes of the United Nations are: 1. to take effective collective measures for the prevention and removal of threats to the peace, 2. To develop friendly relations among nations based on respect for the principle of equal rights and self-determination of peoples, 3. To achieve international cooperation in solving international problems of an economic, social, cultural, or humanitarian character, and in promoting and encouraging respect for human rights and for fundamental freedoms for all without distinction as to race, sex, language, or religion, 4. To be a center for harmonizing the actions of nations in the attainment of these common ends. Article 2 The Organization and its Members, in pursuit of the Purposes stated in Article 1, shall act in accordance with the following Principles. 1. The Organization is based on the principle of the sovereign equality of all its Members. 2. All Members, in order to ensure to all of them the rights and benefits resulting from membership, shall fulfill in good faith the obligations assumed by them in accordance with the present Charter. 3. All Members shall settle their international disputes by peaceful means in such a manner that international peace and security, and justice, are not endangered. 4. All Members shall refrain in their international relations from the threat or use of force against the territorial integrity or political independence of any state CHAPTER VI PACIFIC SETTLEMENT OF DISPUTES Article 33 1. The parties to any dispute, the continuance of which is likely to endanger the maintenance of international peace and security, shall, first of all, seek a solution by negotiation, inquiry, mediation, conciliation, arbitration, judicial settlement, resort to regional agencies or arrangements, or other peaceful means of their own choice. 2. The Security Council shall, when it deems necessary, call upon the parties to settle their dispute by such means. CHAPTER VII ACTION WITH RESPECT TO THREATS TO THE PEACE, BREACHES OF THE PEACE, AND ACTS OF AGGRESSION Article 39 The Security Council shall determine the existence of any threat to the peace, breach of the peace, or act of aggression and shall make recommendations, or decide what measures shall be taken in accordance with Articles 41 and 42, to maintain or restore international peace and security."
1945 Constitution of the United Nations Educational, Scientific and Cultural Organization, "The Governments of the States Parties to this Constitution on behalf of their peoples declare: That since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed; That ignorance of each other's ways and lives has been a common cause, throughout the history of mankind, of that suspicion and mistrust between the peoples of the world through which their differences have at too often broken in to war; That the great and terrible war which has now ended was a war made possible by the denial of the democratic principles of the dignity, equality and mutual respect of men, and by the propagation, in their place, through ignorance and prejudice, of the doctrine of the inequality of men and races; That the wide diffusion of culture, and the education of humanity for justice and liberty and peace are indispensable to the dignity of man and constitute a sacred duty which all the nations must fulfil in a spirit of mutual assistance and concern; That a peace based exclusively upon the political and economic arrangements of governments would not be a peace which could secure the unanimous, lasting and sincere support of the peoples of the world, and that the peace must therefore be founded, if it is not to fail, upon the intellectual and moral solidarity of mankind; For these reasons, the States Parties to this Constitution, believing in In E and equal opportunities for education for all, in the unrestricted pursuit of objective truth, and in the free exchange of ideas and knowledge, are agreed and determined to develop and to increase the means of communication between their peoples and to employ these means for the purposes of mutual understanding and a truer and more perfect knowledge of each other's lives. Article I Purposes and functions 1. The purpose of the Organization is to contribute to peace and security by promoting collaboration among the nations through education, science and culture in order to further universal respect for justice, for the rule of law and for the human rights and fundamental freedoms which are affirmed for the peoples of the world, without distinction of race, sex, language or religion, by the Charter of the United Nations. 2. To realize this purpose the Organization will: (a) Collaborate in the work of advancing the mutual knowledge and understanding of peoples, through all means of mass communication and to that end recommend such international agreements as may be necessary to promote the free flow of ideas by word and image; (b) Give fresh impulse to popular education and to the spread of culture By collaborating with the Members, at their request, in the development of educational activities By instituting collaboration among the nations to advance the ideal of equality of educational opportunity without regard to race, sex or any distinctions, economic or social; By suggesting educational methods best suited to prepare the children of the world for the responsibilities of freedom; (c) Maintain, increase and diffuse knowledge By: ensuring the conservation and protection of the world's inheritance of books, works of art and monuments of history and science, and recommending to the nations concerned the necessary international conventions;"

1948 Hitel's Search for Meaning, "Freedom, however, is not the last word. Freedom is only part of the story and half of the truth. Freedom is but the negative aspect of the whole phenomenon whose positive aspect is responsibleness. In fact, freedom is in danger of degenerating into mere arbitrariness unless it is lived in terms of responsibleness. That is why I recommend that the Statue of Liberty on the East Coast be supplemented by a Statue of Responsibility on the West Coast" Frankl identifies three principal sources of meaning experienced by all women in one degree or another:(1) doing something with a worthwhile cause, (2) experiencing something or encountering someone—the encounter with the concrete other human being, and (3) the attitude we take toward unavoidable limitations, the "potentialities and possibilities" that could actualized in a situation, but can no longer be actualized, such as a rich enough political and economic life to resist penetration by malignant outside forces. "It follows therefore, that every village has to be self-contained and capable of managing all affairs even to the extent of defending itself against the whole world. It will be trained and prepared to perish in the attempt to defend itself against the whole world by non-violence. This obviously is the ideal village in the sense I have described it. In this structure composed of innumerable villages there will be ever widening, never ascending circles. Life will not be a pyramid with the apex sustained by the bottom. But it will be the individual always ready to perish for the village, the latter ready to perish for the village, closing the majesty of the oceanic circle of which they are integral units."
1948 Declaration of Universal Human Rights, "Whereas recognition of the inherent dignity and of the equal and inalienable rights of all members of the human family is the foundation of freedom, justice and peace in the world, Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, Whereas Member States have pledged themselves to achieve, in cooperation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms, Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realization of this pledge, now, therefore The General Assembly proclaims this Universal Declaration of Human Rights as a common standard of achievement for all peoples and all nations, to the end that every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, Article 1 All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood. Article 2 No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms. Article 3 No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. Article 10 3. The family is the natural and fundamental group unit of society and is entitled to protection by society and the State. Article 27 Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits. Article 29 1. Everyone has duties to the community in which alone the free and full development of his personality is possible"
1948/1951 Berlyne Homosexual drives were quiet to explore novel spaces, "rats will incur pain, and hungry monkeys will pass up food, to get the opportunity to explore a new area of their enclosure"
1950 Suppression of Communism Act The Act defined communism as any scheme aimed at achieving change whether economic, social,

political, or industrial--"by the promotion of disturbance or disorder" or any act encouraging "feelings of hostility between the European and the non-European races—declared to further [disorder]". The government could detain any person to be a communist if it found that person's aims to be aligned with those aims. After a sustained campaign of opposition, pursuant to the Act, the powers were used in an unreasonable manner of fact, and subjected the person to being barred from public participation, restricted in movement, or imprisoned.[2][3] The Act was frequently used to silence critics of racial segregation and apartheid.
1950 Declaration of Conscience the basic principles of "Americanism" were The right to criticize; The right to hold unpopular beliefs; The right to protest; The right of independent thought
1951 The Invention Secrecy Act is a body of United States federal law designed to prevent disclosure of new inventions and its ideologies that, in the opinion of selected federal officials, present a possible threat to the national security of the United States. The UK government has long sought to control the release of new technologies that might threaten the national defense and economic stability of the country.
Harvard Law Forum/Nemoz Review, Chomsky MNC Suppression of Democracy, moral imperative article
1955 Conformity, Solomon Asch
1958/1960 Out Capacity for Processing Information ch.
1957 A Theory of Cognitive Dissonance
1957 Transactional Analysis
1957 Schedules of Reinforcement
1961 The Capitalist Manifesto Democracy requires an economic system which supports the political ideals of liberty and equality for all. Men cannot exercise freedom in the political sphere where they are deprived of it in the economic sphere. John Adams and Alexander Hamilton observed that a man who is dependent for his livelihood on the arbitrary will of another man is not economically free and so should not be a citizen (or citizenship became he cannot use the political liberty which belongs to free states. (1)Economic liberty, i.e., the abolition of all economic slavery, servitude, or dependency and (2) economic equality, i.e., the enjoyment by all men of the same economic status and, therewith, of the same opportunities to live well. Two main streams against communism: 1. "Dependence on the arbitrary will of the state" relying on bureaucrats is just as unfree as private owners. 2. "Equal liability of all to labor" impedes rather than promotes economic freedom. My analysis capitalizes do not treat the state and Communists do not treat private owners. The solution is to understand both of these concerns as being one in the same.
1959 Applications of Information Theory to Psychology ch.
1959, The Evaluation of Culture, Leslie White "Originally, i.e., with the advent of civil society, the church and the state were one, as Herbert Spencer astutely observed many years ago [1876]:... "...In ancient Peru, the head of the state and the head of the church were brothers, or uncle and nephew; and the former was a god, and the latter was the son of a god. In Egypt, the pharaoh was the son of the sun god, at least in theory. In practice, the pharaoh had of necessity to delegate the worship of the gods to priests, who acquired thereby so much autonomy as virtually to constitute a church structurally distinct from the state."... In the early urban cultures of Mesopotamia, "priestly and secular functions no doubt rested in one and the same person." [Jacobsen, 1943] In ancient Sumer, "Church and state were so bound together that distinction, particularly between a theocracy, functioning on the one hand religiously and on the other secularly" (Turner 1942) The kings of Assyria were priests originally, and they "retain their priestly functions through all periods of the kingdom." [Barrow, 1915] "Church and State are one in India." [Jinarsa, 1950]. In Greece during the late Age the king was also priest. Many priestly families (Asclepiads) exclusively their descent from Neralis deities, even as the modern Japanese trace their descent to divine ancestry. Caesar was Pontifex maximus as well as emperor in imperial Rome; Augustus Hezekiah served as the head of the state religion." ... "The military force of the state was not enough to cope with the chronic and ever-recurring threat of insurrection, civil war, and anarchy; the sovereign of the church must be employed at this and other times. Such was then the position taken by the priests, and validated their teachings with the sanction and appointment of religion, that they should accept, and even defend the established order. For the Egyptians, the universe was a moral order established by the sun god, Re, and their social ideal was order." "a full acceptance of the existing status, the inferiority of labor, and poverty as the ordinary lot of common people, have, indeed, been aspects of the divine moral order." [Turner, 1942] "Buddhism taught men and women to be content with their lot and station in life. The teaching of Confucius "diverted its whole attention to making people recognize their betters with distinction," according to Sir Chih-kiang, "and that is certainly a most advantageous theory to an autocratic despot." More recently, the Roman Catholic Church has recognized the utility and function of religion as means of preventing insurrection by "validating the 'rank of mass'" (Excerpted from History of a Culture of Wit, Adams)
1960 Sharon Statement 1. Individual freedom and the right of governing originate with God, 2. Political freedom is impossible without economic freedom, 3. Limited government and strict interpretation of the Constitution, 4. The free market system is preferable over all others, 5. Communism must be defeated, not contained
1961 Stuck Experiment, Milgram
1961 Farewell Address to the Nation, Dwight D Eisenhower, "A vital element in keeping the peace is our military establishment. Our arms must be mighty, ready for instant action, so that no potential aggressor may be tempted to risk his own destruction... This conjunction of an immense military establishment and a large arms industry is new in the American experience. The total influence—economic, political, even spiritual—is felt in every city, every statehouse, every office of the federal government. We recognize the imperative need for this development. Yet we must not fail to comprehend its grave implications. Our toil, resources and livelihood are all involved; so is the very structure of our society. In the councils of government, we must guard against the acquisition of unwarranted influence, whether sought or unsought, by the military-industrial complex. The potential for the disastrous rise of misplaced power exists and will persist. We must never let the weight of this combination endanger our liberties or democratic processes. We should take nothing for granted. Only an alert and knowledgeable citizenry can compel the proper meshing of the huge industrial and military much army of defence with our peaceful methods and goals so that security and liberty may prosper together.
1962 Port Huron Statement The core inspired by the persistence of racism in American life is only matched by the mercurial in historical span in American tradition. The national heritage of racial discrimination via slavery has been a part of America since Christopher Columbus's advent on the new continents. As such, racism not only considers the Republic and the Roman Colonies, but even the use of the English language in this hemisphere."; "Our work is guided by the sense that we may be the last generation in the experiment with living. But we are a unique people vast majority of our people regard the temporary equilibrium of our society and world as eternally characteristic."; "To expand men as infinitely precious and possessed of unfulfilled capacities for reason, freedom, and love."; "The decline of utopia and hope is in fact one of the defining features of social life today. The women are without the dreams of the older left were perverted by fascism and never recreated...the horrors of the twentieth century, symbolized in the gruesome and concentration camps and atom bombs, have blasted hopefulness. To be idealistic is to be considered open-eyeds, deluded."; "The apathy born in, five subjective-side felt powerlessness of ordinary people, the organization bureaucracies, the anonymity of events, that subjective quality is accompanied by the objective American circumstances mixed out mixed equivalents of people from power, from relevant knowledge, from pinnacles of decision making.; The American political system is not the democratic model of which its glorifiers speak. In actuality it frustrates democracy by confusing the individual citizen, paralyzing policy discussion, and consolidating the irresponsible power of military and business interests."
1963 I have a Dream "...I say to you today, my friends, though, even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up, live out the true meaning of its creed: "We hold these truths: to be self-evident, that all men are created equal..."
1963 Herbert's Mandarys
1967 Learned Helplessness/Depression, Seligman

1968 Byzantine Effect
1968 How Discrimination Feels, Blue Eye, Brown Eye Exercise, Jane Elliott
1971 Standford Prison Experiment
1973 Rising Gene in Income Players
1973 Racism "Denial of Death"
1976 The Origin of Consciousness in the Breakdown of the Bicameral Mind, James defines consciousness as in the tradition of Locke and Descartes as as "that which is introspectible"
1981 Rat Park Experiment
1982 Judgement under uncertainty, Heuristics
1985 Nonviolence of Free Will Effect
1986 20,000,000 Sex vs. 40 Bin ch.
1986 Needle Statement ... IT IS SCIENTIFICALLY INCORRECT to say that we have inherited a tendency to make war from our animal ancestors. Although fighting occurs widely among most animal species, only a few cases of destructive intra-species fights e between organized groups have ever been reported among naturally living species, and none of these involve the use of tools designed to be weapons. Normal predatory killing upon other species cannot be equated with intra-species violence. Warfare is a peculiarly human phenomenon and does not occur in other animals. IT IS SCIENTIFICALLY INCORRECT to say that war is rooted in genetic factors. It is not a question of instinct. While genes are involved at all levels of nervous system function, they provide a developmental potential that can be actualized only in conjunction with the ecological and social environments. While individuals vary in their predispositions to be affected by their experience, it is the interaction between their genetic endowment and conditions of rearing that determines their personalities. The genes do not specify warlike or peaceful traits. Learning is absolutely necessary for violence. IT IS SCIENTIFICALLY INCORRECT to say that in the course of human evolution there has been a selection for aggressive behaviour more than for other kinds of behaviour. In all well-studied species, status within the group is achieved by the ability to exasperate and to fulfill social functions relevant to the survival of the group. "Dominance" involves social bondings and affiliations; it is not simply a matter of the possession and use of superior physical power, although it does involve aggressive behaviours. Where genetic selection for aggressive behaviour has been artificially instituted in animals, it has rapidly succeeded in producing hyperaggressive individuals; this indicates that aggression was not previously selected under natural conditions. When such experiments have been performed with social species, the affected animal is not accepted by the group, and either disrupt its social structure or are driven out. Violence is neither in our evolutionary legacy nor in our genes. IT IS SCIENTIFICALLY INCORRECT to say that humans have a "violent brain". While we do have the neural apparatus to act violently, it is not automatically activated by internal or external stimuli. Like higher primates and unlike other animals, our higher brain centers override the more primitive ones, giving us the ability to control aggressive impulses. If they are not so controlled, it is learned, not instinctual, behaviour. 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IT IS SCIENTIFICALLY INCORRECT to say that humans have a "violent brain". While we do have the neural apparatus to act violently, it is not automatically activated by internal or external stimuli. Like higher primates and unlike other animals, our higher brain centers override the more primitive ones, giving us the ability to control aggressive impulses. If they are not so controlled, it is learned, not instinctual, behaviour. There is nothing in our neurophysiology that compels us to react violently. IT IS SCIENTIFICALLY INCORRECT to say that war is caused by "instinct" or any single motivation. The emergence of modern warfare has been a journey from the primacy of emotional and motivational factors, sometimes called "instincts", to the primacy of rational calculation. Modern war involves many complex individual and social motivations, including perceptions and use of cognitive skills, such as language, and rational considerations such as cost accounting, planning, and information processing. The technology of modern war has exaggerated traits associated with violence both in the training of actual combatants and in the preparation of support for war in the general population. As a result of this synergism between technology and human behaviour, modern warfare has become brutalizing and dehumanizing. We conclude that biology does not condemn humanity to war, and that humanity can be freed from the bondage of biological pessimism and can respond with confidence to undertake the transformative tasks needed in this International Year of Peace and in the years to come. Although these tasks are many and formidable, success in any one of them can contribute significantly to success in the others. Each of us, regardless of race, sex, class, culture, or profession, can join in the transformation of the climate of opinion that makes war thinkable. Each of us can help to create the conditions of peace. Each of us can contribute to the building of a world community in which human beings live cooperatively with one another and with the rest of nature. Each of us can choose to live in such a way that we do not support the forces of war in the world and instead bring into being those forces which will create peace. Each of us can work to change those conditions in our own lives that make war seem like a reasonable solution to problems. Each of us can learn to resolve conflicts nonviolently in our own lives, and can teach others to do so. Each of us can work to reduce the threat of war by reducing the nationalism, racism, sexism, and economic inequalities that make war seem attractive. Each of us can contribute to the transformation of the social institutions that now maintain themselves through the preparation for war. Finally, each of us can withhold our support from governments that base their security on weapons of mass destruction, and can encourage governments to reallocate resources now used for military purposes to the common needs of humanity. Each of us can do these things, and in doing them we will find hope. Together we can do even more, and the power of our joint actions can be greater than the sum of our individual actions. Together we can begin to build the kind of world we want for ourselves and our children. Together we can begin to make peace a reality in our world. Each of us can begin now. Each of us can begin here. Each of us can begin with ourselves."
1989 Convention on Rights of Children Recalling that, in the Universal Declaration of Human Rights, the United Nations has proclaimed that childhood is entitled to special care and assistance, Convinced that the family, as the fundamental group of society and the natural environment for the growth and well-being of all its members and particularly children, should be afforded the necessary protection and assistance so that it can fully assume its responsibilities within the community, Recognizing that the child, for the full and harmonious development of his or her personality, should grow up in a family environment, in an atmosphere of happiness, love and understanding, Bearing in mind that, as indicated in the Declaration of the Rights of the Child, "the child, by reason of his physical and mental immaturity, needs special safeguards and care, including appropriate legal protection, before as well as after birth", Article 14 1. States Parties shall respect the right of the child to freedom of thought, conscience and religion Article 24 1. States Parties recognize the right of the child to the enjoyment of the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health. States Parties shall strive to ensure that no child is deprived of his or her right of access to such health care services. 2. (c) To combat disease and malnutrition, including within the framework of primary health care, through, inter alia, the application of readily available technology and through the provision of adequate nutritious foods and clean drinking-water, taking into consideration the dangers and risks of environmental pollution; (d) To ensure appropriate pre-natal and post-natal health care for mothers; (e) To ensure that all segments of society, in particular parents and children, are informed, have access to education and are supported in the use of basic knowledge of child health and nutrition, the advantages of breastfeeding, hygiene and environmental sanitation and the prevention of accidents; Article 27 1. States Parties recognize the right of every child to a standard of living adequate for the child's physical, mental, spiritual, moral and social development. 3. States Parties, in accordance with national conditions and within their means, shall take appropriate measures to assist parents and others responsible for the child to implement this right and shall in case of need provide material assistance and support programmes, particularly with regard to nutrition, clothing and housing. Article 29 1. States Parties agree that the education of the child shall be directed to: (a) The development of the child's personality, talents and mental and physical abilities to their fullest potential; (b) The development of respect for human rights and fundamental freedoms, and for the principles enshrined in the Charter of the United Nations; (c) The development of respect for the child's parents, his or her own cultural identity, language and values, for the national values of the country in which the child is living, the country from which he or she may originate, and for civilizations different from his or her own; (d) The preparation of the child for responsible life in a free society, in the spirit of understanding, peace, tolerance, equality of sexes, and friendship among all peoples, ethnic, national and religious groups and persons of indigenous origin; (e) The development of respect for the natural environment. Article 33 States Parties shall take all appropriate measures, including legislative, administrative, social and educational measures, to protect children from the illicit use of narcotic drugs and psychotropic substances as defined in the relevant international treaties, and to prevent the use of children in the illicit production and trafficking of such substances. Article 34 States Parties undertake to protect the child from all forms of sexual exploitation and sexual abuse. For these purposes, States Parties shall in particular take all appropriate national, bilateral and multilateral measures to prevent (a) The inducement or coercion of a child to engage in any unlawful sexual activity; (b) The exploitative use of children in prostitution or other unlawful sexual practices; (c) The exploitative use of children in pornographic performances and materials. Article 35 States Parties shall take all appropriate national, bilateral and multilateral measures to prevent the abduction of, the sale of or traffic in children for any purpose or in any form.
1992 Theory of Recovery through Revictimization and Identity Transformation Grounded in Data, (Lofthumbian, Hoyle, Oren, 1998)
1998 Learned Optimism
1998 Americans with Disabilities Act

1982 Learned Industriousness
1991 Betrayal Trauma
1995 "The Hard Problem of Consciousness", facing up to the Problem of Consciousness, Chalmers, "It is undeniable that some organisms are subjects of experience. But the question of how it is that these systems are subjects of experience is perplexing. Why is it that when our cognitive systems engage in visual and auditory information-processing, we have visual or auditory experiences the quality of deep blue, the sensation of middle C? How can we explain why there is something it is like to entertain a mental image, or an experience an emotion? It is widely agreed that experience arises from a physical basis, but we have no good explanation of why and how it so arises. Why should physical processing give rise to a rich inner life at all? It seems objectively unreasonable that it should, and yet it does." In the same paper, he also wrote "The really hard problem of consciousness is the problem of experience. When we think and perceive there is a whir of information processing, but there is also a subjective aspect."
Other formulations of the "hard problem" include:
"How is it that some organisms are subjects of experience?"
"Why does awareness of sensory information exist at all?"
"Why do qualia exist?"
"Why aren't we philosophical zombies?"
1996 Manufacturing false memories using bits of information
1997 (AUGMI) UNESCO document on the culture of peace, identifies 8 aspects of a culture of war:1. armies and armaments 2. authoritarian rule associated withmilitary leadership 3. control of information through secrecy and propaganda 4. identification of an "enemy" 5. education of young men from the nobility to be warriors 6. male domination 7. wealth based on plunder and slavery 8. economy based on exploitation of people (slaves, serfs, etc.) and the environment
1998 18,000,000 Hits
1998 The Differentiation of Self Inventory
1998 Tobacco Master Settlement Agreement
Relationship to cognitive dissonance tobacco experiments, addiction, opiate and heroine lawsuit
1999 Declaration on a Culture of Peace Recalling also the Constitution of the United Nations Educational, Scientific and Cultural Organization, which states that "since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed", Recognizing that peace not only is the absence of conflict, but also requires a positive, dynamic participatory process where dialogue is encouraged and conflicts are solved in a spirit of mutual understanding and cooperation, Expressing deep concern about the persistence and proliferation of violence and conflict in various parts of the world, Article 1 A culture of peace is a set of values, attitudes, traditions and modes of behaviour and ways of life based on: (a) Respect for life, ending of violence and promotion and practice of non-violence through education, dialogue and cooperation (b) Full respect for the principles of sovereignty, territorial integrity and political independence of States and non-intervention in matters which are essentially within the domestic jurisdiction of any State, in accordance with the Charter of the United Nations and international law (c) Full respect for and promotion of all human rights and fundamental freedoms (d) Commitment to peaceful settlement of conflicts (e) Efforts to meet the developmental and environmental needs of present and future generations (f) Respect for and promotion of the right to development (g) Respect for and promotion of equal rights and opportunities for women and men (h) Respect for and promotion of the right of everyone to freedom of expression, opinion and information (i) Adherence to the principles of freedom, justice, democracy, tolerance, solidarity, cooperation, pluralism, cultural diversity, dialogue and understanding at all levels of society and among nations; and fostered by an enabling national and international environment conducive to peace. Article 3 The fuller development of a culture of peace is integrally linked to(a) Promoting democracy, development and universal respect for and observance of all human rights and fundamental freedoms; (d) Enabling people at all levels to develop skills of dialogue, negotiation, consensus-building and peaceful resolution of differences; Eradicating poverty and illiteracy and reducing inequalities within and among nations; (g) Promoting sustainable economic and social development; (h) Eliminating all forms of discrimination against women through their empowerment and equal representation at all levels of decision-making; (i) Ensuring respect for and promotion and protection of the rights of children; (j) Ensuring the free flow of information at all levels and enhancing access thereto; (k) Increasing transparency and accountability in government; (l) Eliminating all forms of racism, racial discrimination, xenophobia ("""close ones from their which is estrangement/one who fears people who are different from oneself, especially foreigners""" "stranger") and related intolerance; (m) Realizing fully the right of all peoples, including those living under colonial or other forms of alien domination or foreign occupation, to self-determination enshrined in the Charter of the United Nations and embodied in the International Covenants on Human Rights; 2 Article 4 Education at all levels is one of the principal means to build a culture of peace. In this context, human rights education is of particular importance. Article 5 Governments have an essential role in promoting and strengthening a culture of peace. Article 6 Civil society needs to be fully engaged in fully development of a culture of peace. Article 7 The educative and informative role of the media contributes to the promotion of a culture of peace. Article 8 A key role in the promotion of a culture of peace belongs to parents, teachers, politicians, journalists, religious leaders and groups, intellectuals, those engaged in scientific, philosophical and creative and artistic activities, health and humanitarian workers, social workers, managers at various levels as well as to non-governmental organizations.
1999 Program of Action on a Culture of Peace 7. A culture of peace could be promoted through sharing of information among actors on their initiatives in this regard. 16. Actions to promote sustainable economic and social development (a) Undertake comprehensive actions on the basis of appropriate strategies and agreed targets to eradicate poverty through national and international efforts, including through international cooperation;(b) Strengthen the national capacity for implementation of policies and programmes designed to reduce economic and social inequalities within nations through, inter alia, international cooperation; (d) Reinforce actions at all levels to implement national strategies for sustainable food security, including the development of actions to mobilize and optimize the allocation and utilization of resources from all sources, including through international cooperation, such as resources coming from debt relief; (i) Incorporate capacity-building in development strategies and projects to ensure environmental sustainability, including preservation and regeneration of the natural resource base; (j) Remove obstacles to the realization of the right of peoples to self-determination, in particular of peoples living under colonial or other forms of alien domination or foreign occupation, which adversely affect their social and economic development. 17. Actions to foster democratic participation (c) Combating of terrorism, organized crime, corruption as well as production, trafficking and consumption of illicit drugs; and money laundering, as they undermine democracies and impede the fuller development of a culture of peace. 18. Actions to advance understanding, tolerance and solidarity (c) Study further the local or indigenous practices and traditions of dispute settlement and promotion of tolerance with the objective of learning from them; (d) Support actions that foster understanding, tolerance and solidarity throughout society, in particular with vulnerable groups. 19. Actions to support participatory communication and the free flow of information and knowledge (c) Support the important role of the media in the promotion of a culture of peace; (h) Ensure freedom of the press and freedom of information and communication; (i) Make effective use of the media for advocacy and dissemination of information on a culture of peace involving, as appropriate, the United Nations and relevant regional, national and local mechanisms; (d) Promote mass communication that enables communities to express their needs and participate in decision-making; (e) Take measures to address the issue of violence in the media, including new communication technologies, inter alia, the Internet. 16. Actions to promote international peace and security (b) Refrain from military, political, economic or any other form of coercion, not in accordance with international law and the Charter, aimed against the political independence or territorial integrity of any State;(***Trump Ukraine...) (c) Take measures to eliminate illicit production and traffic of small arms and light weapons (***stricter policy business)
2002 Patent Nexus and the Rule of Public Interest as a Deterrent to Technology Suppression
2007 Declaration on the Rights of Indigenous Peoples Affirming that indigenous peoples are equal to all other peoples, while recognizing the right of all peoples to be different, to consider themselves different, and to be respected as such,Affirming also that all peoples contribute to the diversity and richness of civilizations and cultures, which constitute the common heritage of humankind, Affirming further that all doctrines, policies and practices based on or advocating superiority of peoples or individuals on the basis of national origin or racial, religious, ethnic or cultural differences are racist, scientifically false, legally invalid, morally condemnable and socially unjust, Article 8 1. Indigenous peoples and individuals have the right not to be subjected to forced assimilation or destruction of their culture. 2. States shall provide effective mechanisms for prevention of, and redress for:(c) Any action which has the aim or effect of depriving them of their integrity as distinct peoples, or of their cultural values or ethnic identity(d) Any action which has the aim or effect of dispossessing them of their lands, territories or resources;(***property, culture, names, thought, pollution etc) Article 10 Indigenous peoples shall not be forcibly removed from their lands or territories. No relocation shall take place without the free, prior and informed consent of the indigenous peoples concerned and after agreement on just and fair compensation and, where possible, with the option of return. Article 11 1. Indigenous peoples have the right to practise and revitalize their cultural traditions and customs. This includes the right to maintain, protect and develop the past, present and future manifestations of their cultures, such as archaeological and historical sites, artefacts, designs, ceremonies, technologies and visual and performing arts and literature. 2. States shall provide redress through effective mechanisms, which may include restitution, developed in conjunction with indigenous peoples, with respect to their cultural, intellectual, religious and spiritual property taken without their free, prior and informed consent or in violation of their laws, traditions and customs. Article 31 1. Indigenous peoples have the right to the lands, territories and resources which they have traditionally owned, occupied or otherwise used or acquired.2. Indigenous peoples have the right to own, use, develop and control the lands, territories and resources that they possess by reason of traditional ownership or other traditional occupation or use, as well as those which they have otherwise acquired.3. States shall give legal recognition and protection to these lands, territories and resources. Such recognition shall be conducted with due respect to the customs, traditions and land tenure systems of the indigenous peoples concerned. Article 28 1. Indigenous peoples have the right to redress, by means that can include restitution or, when this is not possible, just, fair and equitable compensation, for the lands, territories and resources which they have traditionally owned or otherwise occupied or used, and which have been confiscated, taken, occupied, used or damaged without their free, prior and informed consent. Article 29 1. Indigenous peoples have the right to the conservation and protection of the environment and the productive capacity of their lands or territories and resources. States shall establish and implement assistance programmes for indigenous peoples for such conservation and protection, without discrimination. Article 32 1. Indigenous peoples have the right to determine and develop priorities and strategies for the development or use of their lands or territories and other resources. 2. States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free and informed consent prior to the approval of any project affecting their lands or territories and other resources, particularly in connection with the development, utilization or exploitation of mineral, water or other resources. 3. States shall provide effective mechanisms for just and fair redress for any such activities, and appropriate measures shall be taken to mitigate adverse environmental, economic, social, cultural or spiritual impact.
2008 The History of the Culture of War, Adams, updates the 8 aspects of a culture of war identified in the original UNESCO document on a culture of peace to 10 1. armies and armaments 2. war-dominant 3. the internal culture of war and economies based on exploitation (capitalist exploitation of workers and of the environment, as well as exploitation and destruction of the environment) 4. means to deter warfare wealthy and political dissidents including internal use of military power, prisons and executions 5. the military-industrial complex 6. the drug-for-arms trade 7. authoritarian rule associated with military leadership 8. control of information through secrecy and propaganda 9. identification of an "enemy" 10. education for a culture of war 11. male domination 12. religious institutions that support the government and military 13. artistic and literary glorification of military conquest 14. nationalism 15. racism, both institutional and attitudinal
2008 The timing of the conscious intention to move
2010 Universal Declaration on Rights of Mother Earth We, the peoples and nations of Earth,considering that we are all part of Mother Earth, an indivisible, living community of interrelated and interdependent beings with a common destiny gratefully acknowledgingthat Mother Earth is the source of life, nourishment and learning and provides everything we need to live well; recognizing that the capitalist system and all forms of depredation, exploitation, abuse and contamination have caused great destruction, degradation and disruption of Mother Earth, putting life as we know it today at risk through phenomena such as climate change, convinced that in an interdependent living community it is not possible to recognize the rights of only human beings without causing an imbalance within Mother Earth; affirming that to guarantee human rights it is necessary to recognize and defend the rights of Mother Earth and all beings in her and that there are existing cultures, practices and laws that do not question the urgency of taking decisive, collective action to transform structures and systems that cause climate change and other threats to Mother Earth; proclaim this Universal Declaration of the Rights of Mother Earth, and call on the General Assembly of the United Nations to adopt it, as a common standard of achievement for all peoples and all nations of the world, and to the end that every individual and institution takes responsibility for promoting through teaching, education, and consciousness raising, respect for the rights recognized in this Declaration and ensure through prompt and progressive measures and mechanisms, national and international, their universal and effective recognition and observance among all peoples and States in the world. Article 1. Mother Earth (1) Mother Earth is a living being. (2) Mother Earth is a unique, indivisible, self-regulating community of interrelated beings that sustains, contains and reproduces all beings. (3) Each being is defined by its relationships as an integral part of Mother Earth. (4) The inherent rights of Mother Earth are inalienable in that they arise from the same source as existence. (5) Mother Earth and all beings are entitled to all the inherent rights recognized in this Declaration without distinction of any kind, such as any made between organic and inorganic beings, species, origin, use to human beings, or any other status. (6) Just as human beings have human rights, all other beings also have rights which are specific to their species or kind and appropriate for their role and function within the communities within which they exist. (7) The rights of each being are limited by the rights of other beings and any conflict between their rights must be resolved in a way that maintains the integrity, balance and health of Mother Earth. Article 2. Inherent Rights of Mother Earth (1) Mother Earth and all beings of which she is composed have the following inherent rights:(a) the right to life and to exist;(b)the right to be respected; (c) the right to continue their vital cycles and processes free from human disruptions;(d)the right to maintain its identity and integrity as a distinct, self-regulating and interrelated being; (e) the right to water as a source of life; (f) the right to clean air; (g)the right to integral health; (h) the right to be free from contamination, pollution and toxic or radioactive waste; (i) the right to not have its genetic structure modified or disrupted in a manner that threatens it integrity or vital and healthy functioning; (j) the right to full and prompt restoration for violation of the rights recognized in this Declaration caused by human activities.(2) Each being has the right to a place and to play its role in Mother Earth for her harmonious functioning. (3) Every being has the right to wellbeing and to live free from torture or cruel treatment by human beings. Article 3. Obligations of human beings to Mother Earth (1) Every human being is responsible for respecting and living in harmony with Mother Earth. (2) Human beings, all States, and all public and private institutions must:(a) act in accordance with the rights and obligations recognized in this Declaration;(b)recognize and promote the full implementation and enforcement of the rights and obligations recognized in this Declaration;(c) promote and participate in learning, analysis, interpretation and communication about how to live in harmony with Mother Earth in accordance with this Declaration;(d) ensure that the pursuit of human wellbeing contributes to the wellbeing of Mother Earth, now and in the future;(e) establish and apply effective norms and laws for the defense, protection and conservation of the rights of Mother Earth;(f) respect, protect, conserve and where necessary, restore the integrity of the vital ecological cycles, processes and balances of Mother Earth;(g) guarantee that the damage caused by human violations of the inherent rights recognized in this Declaration are rectified and that those responsible are held accountable for restoring the integrity and health of Mother Earth;(h) empower human beings and institutions to defend the rights of Mother Earth and all of beings;(i) establish precautionary and restrictive measures to prevent human activities from causing species extinction, the destruction of ecosystems or the disruption of ecological cycles;(j) guarantee peace and eliminate nuclear, chemical and biological weapons; (k) promote and support practices of respect for Mother Earth and all beings, in accordance with their own cultures, traditions and customs;(l) promote economic systems that are in harmony with Mother Earth and in accordance with the rights recognized in this Declaration. Article 4. Definitions (1) The term"being" includes ecosystems, natural communities, species and all other natural entities which exist as part of Mother Earth. (2)Nothing in this Declaration restricts the recognition of other inherent rights of all beings or specified beings.
2011 Multinational Corporations' Economic and Human Rights Impacts on Developing Countries, Oxford
2011 University of Illinois released its study on government corruption
2011 Terror Management Theory, "A basic psychological conflict results from having a self-preservation instinct whilst realizing that death is inevitable and to some extent unpredictable. This conflict produces terror, and the terror is then managed by embracing cultural values, or symbolic systems that act to provide life with enduring meaning and value."
2016 Conscious Business Declaration 1. We Are One with humanity and all of life. Business and, all institutions of the human community are integral parts of a single reality: an interrelated, interconnected and interdependent. 2. In line with this reality, the purpose of Business is to increase economic prosperity while contributing to a healthy environment and improving human wellbeing. 3. Business must go beyond sustainability and the philosophy of "Do no harm" to nurturing the self-renewing integrity of the Earth. 4. Business must operate with economic, social, and ecological transparency. 5. Business must behave as a positive and proactive member of the local and global communities in which it operates. 6. Business that sees, honors, and celebrates the essential interconnected nature of all human beings and all life maximizes human potential and helps create a world that works for all. 7. When aligned with Oneness, Business is the most powerful engine on Earth for creating prosperity and flourishing for all.
2011 Life, Department of Labor's List of Goods Produced by Child Labor or Forced Labor

Citations

1. Isaac Asimov
2. Hemlock "Schrist timeline", Little Thom
3. David Adams, Culture of War
4. PROZAC TIMELINE,
5. INFORMED CONSENT TIMELINE,
6. DEMOCIDE TIMELINE,
7. CIA TIMELINE
8. How the world works timeline
9. Native Timeline
10. COUNTERCULTURE TIMELINE
11. PROMINENT PEACE ACTIVISTS v WAR CRIMINALS 7. List of Human Rights Martyrs, Environmental Activists
12. Quotes of Love at time period of that book in each religion "Love in all religions" wiki)

4.54 Billion YA – Formation of the Earth - Dalyrmple2001
4.4 BYA – Earliest Water
4.28 BYA – Earliest life thermophilic organisms and the hydrothermal vent
2.3 BYA – The oldest geological and chemical evidence of the first organisms that developed oxygenic photosynthesis (anoxygenic ancestors of **cyanobacteria**) – declerck2012
2.1 BYA – The Great Oxygenation Event (GOE)
1 BYA – Evidence of earliest non-marine eukaryotes - strother2011
850 MYA – Land plants evolve from algae – knauth2009,
530 MYA – Oldest fossil footprint on land, lobster sized centipede like animal
523 MYA – Oldest Ancestor to vertebrates - Pikaia
450-440 MYA - the Ordovician–Silurian extinction that killed off 27% of all families, 57% of all genera and 60% to 70% of all species.
420-350 MYA – Prototaxites – prototaxites-a-400-myr...2002
412 MYA – Oldest Insect Discovered - Rhyniognatha
375 – 360 MYA – Late Devonian Extinction eliminated about 19% of all families, 50% of all genera and at least 70% of all species.
365 MYA – Oldest animal to have feet rather than fins - Ventastega
350 MYA – Oldest Reptile – Westlothiana
290 MYA – Frogamander – Gerobatrachus
252 MYA – "The Great Dying" Permian – Triassic Extinction killed 57% of all families, 83% of all genera and 90% to 96% of all species (53% of marine families, 84% of marine genera, about 96% of all marine species and an estimated 70% of land species,
228 MYA – EO Raptor (Dinosaur)
213 MYA – Oldest True Frog - Vieraella
201 MYA – Triassic – Jurassic Extinction Event. About 23% of all families, 48% of all genera (20% of marine families and 55% of marine genera) and 70% to 75% of all species became extinct
165 MYA – Oldest Placental Mammal, - Eutherian
130 MYA – Oldest Flower - Montsechia vidalii
66 – MYA – Cretaceous – Paleogene Extinction. 17% of all families, 50% of all genera and 75% of all species became extinct. In the seas all the ammonites, plesiosaurs and mosasaurs disappeared and the percentage of sessile animals (those unable to move about) was reduced to about 33%.
93.5 MYA – Oldest Flying bird -
92 MYA – Oldest Bee - Mellitosphex
80 MYA – Oldest Ant - Sphecomyrma
38 MYA – Oldest Primitive Monkey - Apidium
3.3 Million YA - Prehistory (stone Ages)
3.3 MYA Earliest Stone Tools – Harmand 2015
2.5 MYA Mankind's first tool, the knife
Lucy – AL 288-1
6,900 – 7000 BC Kennewick man
790,000BC Earliest known traces of controlled Fire - goren-inbar2004
500,000 – 100,000 – 10,000 BC – Burials; neanderthall pit, ochre and sea shells
31,000 BC Red Lady of Paviland
62,000 – Maltravieso Hand Stencil cave painting…
35,400BC oldest animal painting (pig) Timpuseng
14,500 Caves at Lascaux france, 13,000BC Cave of the trois-freres
6,000 BC Cascadia Cave
59,000 BC – A Sewing needle made from bird bones - Sibudu Cave
43,000 BC – The Divje Babe Flute
40,000 BC Flute from Geißenklösterle cave, Southern Germany, made from bird bones
37,000 BC Aurignacian flute
37,000 BC the lowenmensch figurine
37,000 BC Venus of Hohlefs
27,000 BC Venus of Dolni Vestonica
25,000 BC Venus of Brassempouy
23,000 BC Venus of Brassempouy
6,000 BC Mother Goddess from Çatalhöyük
14,700 BC– First Domestic Dog
13,00-12,700 – Domestic Pig... Dog, horse,
11,050 BC Farming – Rye Cultivation
11,000 BC Fermentation residue Raqefet cave –
(8500-5500BC – Gobechli Tepe) Dietrich2012?
3700 BC – Sumerian Poem honoring Ninkasi
During the building of the Great Pyramids in Giza, Egypt, each worker got a daily ration of four to five liters of beer, which served as both nutrition and refreshment that was crucial to the pyramids construction
2500BC the Ebla tablets
10,000 BC - Walled City of Jericho
5,400 BC – The City of Eridu, argued to be the oldest city in the world
8,000 BC – Hemp possibly one of the earliest – long2016, Russo2007
3300 BC - Recorded History and Bronze Ages 3300
3150 BC – Ljubjana marshes wheel
3100 BC - Stone Henge
3000 BC – Water Wheel – yannopoulos2015
waterclock landels1979
3000 BC – Mehen Board Game
2630-2611 – pyramid of djoser,
2580 – 2560 – the great pyramid of giza, pyramid of khufu
2100 BC Epic of Gilgamesh
"fill your belly, day and night make merry" - Beer reference
The coffin Texts, Negative Confessions (Papyrus of Ani)
Weighing of the Heart Book of the Dead
1806-1802 – Sobekneferu, first known woman reigning as pharaoh
1810-1750 – Code of Hammurabi
1700 – 1100 BC - vedas
1600 BC – Edwin Smith Papyrus – examination, treatment, prognosis
1550 BC – The Ebers Papyrus
1550-1250 BC Book of the dead
1450 BC – Linear B, 200 signs
1300-1000 BC The Enuma Elish – seven tablets describing creation of humans
1200 BC – Iron Ages
1200 BC The Gathas of Zarathustra
900 – 400 BC – The Mahabharata
559 BC – 651 AD Zoroastrianism was the dominant world religion during the Persian empires
551 – 479 - Confucius
570-495 BC – Pythagoras "harmony of the spheres" belief attributed (Self Discovery)
Hippocrates, Nature
428-348 – Plato, Thaetetus
384 – 322 – Aristotle
325 - Euclid
539 BC – The Cyrus Cylinder
539 BC – The Business of Marriage
500 BC – GO - oldest board game continued to be played
408 BC – 318 AD – The Dead Sea Scrolls
384-322 BC – Aristotle's refined analysis of logical implications
300 BC – 300 AD – The stoics
100 BC – The Lotus Sutra
70 BC - Servile Wars and History of Slavery
100-170 AD - Ptolemy
500 AD – Dark Ages
570 – Muhammad is born in the city of Mecca
965-1039 Iraq - al-haytham – emphasis on experimental data and reproducibility of its results
1500 AD - Early Modern Ages
1492 – The Great Dying in the America's Begins – European epidemics removed 90% of the indigenous population of 60.5 million – Koch2019 & RJ Rummel
1571 – 1630 – Kepler -
1564-1642 - Galileo Galilei -
1611 King James Bible first published
1700 AD – Late Modern Ages
1724-1804 – Immanual Can't "Enlightenment is man's emergence from his self-incurred immaturity", "Dare to be wise!"
in re: to kant Johann Herdei (1744-1803) argued that human creativity, which necessarily takes unpredictable and highly diverse forms, is as important as human rationality
1860 Adolf Bastian argued for **"the psychic unity of mankind**" He proposed that a scientific comparison of all human societies would reveal that distinct worldviews consisted of the same basic elements. According to Bastian all human societies share a set of "**elementary ideas**", different cultures, or different "folk ideas" are local modifications of the elementary ideas
*Compared to Bronfenbrenner Universal, and my model comp which identifies these "elementary ideas ...[in] the minds of all people operate in the same way"
Matthew Arnold (1822–1888) used the word **"culture"** to refer to an ideal of individual human refinement, of **"the best that has been thought and said in the world."**This concept of culture is also comparable to the German concept of ***bildung*: "...culture being a pursuit of our total perfection by means of getting to know, on all the matters which most concern us, the best which has been thought and said in the world." (Arnold, Matthew. 1869. *Culture and Anarchy.***
(Williams (1983), p. 90. Cited in Shuker, Roy (1994). Understanding Popular Music, p. 5. ISBN 0-415-10723-7. argues that contemporary definitions of culture fall into three possibilities or mixture of the following three:"**a general process of intellectual, spiritual, and aesthetic development", "a particular way of life, whether of a people, period, or a group", "the works and practices of intellectual and especially artistic activity"**.)
1776 Declaration of Independence
1779 Constitution
1782 – The Great Seal of the United States – E Pluribus Enum, Out of Many, One. The Eagle has its head turned toward the Olive Branch, said to symbolize a preference for peace.
1914-1918 - WW1
1939-1945 – WW2 - The Holocaust
1941 The Declaration of St James Palace in London - "Would we win only to live in dread of yet another war? Should we not define some purpose more creative than military victory? Is it not possible to shape a better life for all countries and peoples and cut the causes of war at their roots?"
1941 – The Atlantic Charter
1942 – Declaration of the United Nations
1945 AD – Contemporary Modern Ages
1945 – First United Nations Gathering at San Francisco
1948 – Federal Water Pollution Control Act
1972 – The Clean Water Act (CWA)
1956 – "In God We Trust"
1964 – Civil Rights Act
1971 – The War on Drugs
1886-1990 – 1,248,000 US troops deployed against US Citizen
1987 – The Seville Statement on Violence
1988 "Human Molecule" by canadian Aboriginal Artist
2004 ecological stoichiometry, first recorded attempt for complicated molecular structure
1999 – Declaration, Resolution and Programme of Action for a Culture of Peace, translated into more than 50 languages and signed by over 74 million individuals
2007 – Declaration on the Rights of Indigenous People
2010 – Declaration on the Rights of Mother Earth
2013 – Multinational Corporations' Economic and Human Rights Impacts on Developing Countries, Giuliani
2015 – University of Illinois released it's study on government corruption
2016 – Conscious Business Declaration
Emancipation Proclamation
Civil Rights Acts
1350 CC – average brain size
add "cc timeline v200" (below)
10,000BC Walled City of Jericho and the Culture of War in the ancient Hebrew Bible
4000BC in Mesopotamia each Sumerian city-state was headed by a leader who was called lugal, 'big man', or ensi, 'prince-priest'. He was appointed by the god to rule the city and was supposed to live in his temple. Texts describe royalty as power coming from the gods, a tradition passed on to the Semites as it crops up again in Babylon and Assyria, where the kings' names had similar meanings. They derived their power from their enthronement and coronation. An extensive vocabulary referring to divine light and divine splendour was used to describe their attributes. Since the king was responsible for building temples, organizing offerings to the gods, worship, sacrifices and feasts, functionaries gradually replace him and various duties were delegated to priests."
3000BC "From the beginning of the third millennium BC we find the same form of government from India to the Atlantic both among nomadic peoples and ethnic groups settled in one place: they had at their head a leader who was acknowledged to have divine powers. Historians call this sacral kingship …"
3000BC the Narmer Palette, in which the king is shown holding a mace and striking an enemy whom he holds by the hair. Also shown are stylized figures of enemies decapitated with their heads put between their legs.
3000-1780BC papyrus from ancient Egypt, these include accounts of victorious military expeditions, and they seem intended to glorify the generals and pharaohs involved.
2900BC The Stela of vultures is a bas-relief of the victory of the ruler of Lagash in the twenty-ninth century BC
2685BC "Standard of UR", shows elaborate scenes on its two sides, one of peace (a banquet scene) and one of war, including four-wheeled chariots trampling; spearmen in armor, soldiers carrying axes, and prisoners of war being presented to the king.
2254-2218BC the "victory stela" of Narma Sin (2254-2218 BC), shows the king standing upon his vanquished enemies.
2200 & 1100BC (sixth and twentieth dynasty) insurrection of the masses, "both had their origin in the failure of the ruling classes to permit the masses to have sufficient food and both were accompanied by disorder, murder, and robbery" Moret and Turner
1754BC The Code of Hammurabi
1600BC "The Shang dynasty ruled a slave-owning state. As the largest slave owner, the Shang king was always launching wars upon other tribes in order to seize as many captives as possible. Being their owners' tools and property, slaves had to engage in all sorts of productive and domestic work and, moreover, they were often given away as awards and gifts, and even sacrificed as human victims to be buried with their dead owner or offered to gods and spirits in religious ceremonies. In the royal burial area of the Yin ruins, numerous sacrificial pits arranged regularly have been uncovered, each containing about a dozen headless skeletons, the remains of human victims in successive memorial ceremonies to the departed Shang kings. According to statistical data, the Yin ruins have yielded human victims totaling over 2,300 … such large-scale slaughter reflects the slave-owning nature of Shang society.
1400BC Rigveda composed orally, "The despicable enemies who dare deny Indra's supremacy are referred to as dasa or dasyu. They have a black complexion, flat noses and they are indifferent to the gods. They do not perform the Aryan sacrifices and probably worship the phallus. But they are wealthy with great stores of gold and live in fortified strongholds." According to other verses slavery was practiced
1340BC The treasures of Tutankhamun, include remarkable painted scenes that glorify the king as warrior and hunter. On one side of a painted chest the king is shown on his horse-drawn chariot, much larger than any other figure, shooting arrows at enemies who litter the ground in disorder. On the other side a similar design shows the king shooting at wild animals that are wounded and dying.
1304-1237BC One of the battles during the reign of the pharaoh Ramses is recorded in scenes on temples erected at the time as well as in several papyrus manuscripts, the manuscripts describe not only details of the military campaign, but also the importance of spies, military reconnaissance and a peace treaty at the end
1237-1226BC The victory stela of Merenptah made commemorate his victory over the Libyan and ProtoHellenic invaders, whom they called the 'sea people'. On the same stela is also commemorated the Egyptian invasion and destruction of Israel, including the lines, 'Israel is laid waste, its seed exists no more'. "
1027-771BC the Western Zhou Dynasty "… At the bottom of society were slaves who had lost their personal liberty." … "Some new religious ideas, for instance, the concept of the Supreme God (Shang-Ti), came into existence. The Supreme God was believed to be the sovereign dominating all other gods, and it was he who granted the 'mandate of the heaven' to the kings and entrusted them with the power of ruling the world. Such use of religious ideas for maintaining the dynasty's domination was a new development." … Important manuscripts have been preserved from the Western Zhou Dynasty, including the I Jing (divination manual), the Shi Jing (Book of Odes) and the Shu Jing (Book of Documents). The latter includes many documents relating to warfare, such as "the speech at the battle of Gan," "The punitive expedition of Yin", "the successful completion of the war on Shang",
900BC "In Mesopotamia… In another bas-relief in the palace of Nimrud, Ashurnasirpal (ninth century BC) is shown laying siege to a city. Two centuries later, and using the same technique Ashurbanipal appears in a hunting scene at his palace in Ninevah."
668-627BC Ashurbanipal extensive library, over 20,000 cuneiform tablets, "The art of master Adapa I learned - the hidden treasure of all scribal knowledge … I mounted my horse … I held the bow. I shot the arrow, the sign of my valour. I threw unwieldy azmaru-spears like arrows. Holding the reins like a driver I made the wheels go round. I learned to handle the aritu and heavy kababu shields like a fully-equipped bowman."
515BC The Behistun Inscription (c. 515 BC) detailing the rise of Darius I to the Persian throne, can be seen as an early example of propaganda.
551-479BC (Confucius)
544-496 Sun Tzu, The Art of War, "The art of war is of vital importance to the State. It is a matter of life and death, a road either to safety or to ruin. Hence it is a subject of inquiry which can on no account be neglected. The art of war, then, is governed by five constant factors, to be taken into account in one's deliberations, when seeking to determine the conditions obtaining in the field. These are: (1) The Moral Law; (2) Heaven; (3) Earth; (4) The Commander; (5) Method and discipline… The Moral Law causes the people to be in complete accord with their ruler, so that they will follow him regardless of their lives, undismayed by any danger… Heaven signifies night and day, cold and heat, times and seasons… Earth comprises distances, great and small; danger and security; open ground and narrow passes; the chances of life and death… The Commander stands for the virtues of wisdom, sincerely, benevolence, courage and strictness… By method and discipline are to be understood the marshaling of the army in its proper subdivisions, the graduations of rank among the officers, the maintenance of roads by which supplies may reach the army, and the control of military expenditure." "All warfare is based on deception… Hence, when able to attack, we must seem unable; when using our forces, we must seem inactive; when we are near, we must make the enemy believe we are far away; when far away, we must make him believe we are near… Hold out baits to entice the enemy. Feign disorder, and crush him… If he is secure at all points, be prepared for him. If he is in superior strength, evade him… If your opponent is of choleric temper, seek to irritate him. Pretend to be weak, that he may grow arrogant… If he is taking his ease, give him no rest. If his forces are united, separate them… Attack him where he is unprepared, appear where you are not expected… These military devices, leading to victory, must not be divulged beforehand."
539BC The Cyrus Cylinder
450BC The Gortyn Laws that have been preserved as stone inscriptions in Crete make reference to rights of marriage and property: "XI. If a slave going to a free woman shall wed her, the children shall be free; but if the free woman to a slave, the children shall be slaves; and if from the same mother free and slave children be born, if the mother die and there be property, the free children shall have it; otherwise her free relatives shall succeed to it."
800-400BC The Axial Age, The relation of religions to the state is very contradictory when seen in historical perspective. While state religions were being used to support the state's culture of war, other religions arose in opposition to the state's culture of war. Their prophets spoke of non-violence and brotherhood instead of violence and enemy images, and they gave rise to the great religions of later history. In the period around 800-400 BC, called the "Axial Age" by the philosopher Karl Jaspers (1953), Confucius taught in China, the Siddhartha Gautama (Buddha) taught in India, Zoroastrianism arose in Persia and Jainism in India, the Upanishads were written in India, Elijah, Isaiah and Jeremiah prophesied in Israel, foreshadowing the life and teachings of Jesus and Mohammad at a later time
460-370BC Hippocratic Corpus
450BC – The Twelve Tables
350-283BC The Arthashastra written by Chanakya (c. 350 283 BC), a professor of political science at Takshashila University and a prime minister of the Maurya Empire, discusses propaganda in detail, such as how to spread propaganda and how to apply it in warfare. His student Chandragupta Maurya (c. 340 - 293 BC), founder of the Maurya Empire, employed these methods during his rise to power.
300BC Stoicism
268-232BC Edicts of Ashoka, The emperor Ashoka renounced his earlier military exploits and adopted the non-violence of the Buddhist religion for his kingdom.
200BC A quarter of a million slaves rose in revolt in Sicily, they were starved into submission and thousands of them were crucified
73BC Spartacus led slave revolt in Italy, 6,000 of his followers were crucified along the Appian Way
40BC Organon, arrangement of the works of Aristotle made by andronicus of Rhodes
59BC – 17AD The writings of Romans such as Livy (c. 59 BC 17 AD) are considered masterpieces of pro Roman propaganda."
61AD Nero's urban prefect was murdered by one of his slaves, every slave - the entire household of 400 slaves - under the same roof at the time of such a murder was to be put to death as a deterrent
129-200AD – Galen, On the Temperaments
300-500AD Samaritan Decalogues; "Oldest -known carving of [The Ten Commandments] the moral code shared by Judaism, Christianity and Islam alike": 1. Thou shalt have no other gods 2. Thou shalt not make unto thee any graven image 3. Thou shalt not take the name of the Lord god in vein 4. Remember the Sabbath day to keep it holy 5. Honor thy father and thy mother 6. **Thou shalt not kill** 7. Thou shalt not commit adultery 8. Thou shalt not steal 9. Thou shalt not bear false witness against thy neighbor 10. Thou shalt not covet thy neighbors house, wife, slaves, animals or anything else
300AD the following excerpt from a poem by Fu Xuan in the Third Century BC: "How sad it is to be a woman! Nothing on earth is held so cheap. Boys stand leaning at the door Like Gods fallen out of Heaven. Their hearts brave the Four Oceans, The wind and dust of a thousand miles. No one is glad when a girl is born: By her the family sets no store. Then she grows up, she hides in her room Afraid to look a man in the face. No one cries when she leaves her home-Sudden as clouds when the rain stops. She bows her head and composes her face, Her teeth are pressed on her red lips: She bows and kneels countless times. She must humble herself even to the servants."
500AD Mazdakian revolt, Iranian peasants rose against the priests and noblies, seizing land and cattle and transforming their villages into communistic communities
The Babylonian Talmud (500 AD) notes the human tendency toward projection and warns against it: "Do not taunt your neighbour with the bleach you yourself drank."[7]
622 The Constitution of Medina
1215 The Magna Carta, (29) No freeman is to be taken or imprisoned or disseised of his free tenement or of his liberties or free customs, or outlawed or exiled or in any way ruined, nor will we go against such a man or send against him save by lawful judgement of his peers or by the law of the land. To no-one will we sell or deny of delay right or justice. (*Establishing the Right to Due Process)
1240-1305 The Zohar
1543 On the Revolutions of the Heavenly Spheres
1620 The New Organon: or True Directions Concerning the Interpretation of Nature
1632 Dialogue Concerning the Two Chief World Systems
1637 Discourse on the Method of Rightly Conducting One's Reason and Seeking Truth in Science, "•Good sense is the best shared-out thing in the world; for everyone thinks he has such a good supply of it that he doesn't want more, even if he is extremely hard to please about other things. Since it's not likely that everyone is mistaken about this, it is evidence that the •power of judging well and of telling the true from the false—which is what we properly call •'good sense' or •'reason'—is naturally equal in all men; thus it is also evidence that our opinions differ not because some of us are more reasonable than others, but solely because we take our thoughts along different paths and don't attend to the same things."
1644 Principles of Philosophy
1687 Mathematical Principles of Natural Philosophy, Principia, Newton's Laws of Motion and Universal Gravitation, "First law:In an inertial frame of reference, an object either remains at rest or continues to move at a constant velocity, unless acted upon by a force. Second law: In an inertial reference frame, the vector sum of the forces F on an object is equal to the mass m of that object multiplied by the acceleration a of the object: F = ma. Third law: When one body exerts a force on a second body, the second body simultaneously exerts a force equal in magnitude and opposite in direction on

the first body."

1748 The Spirit of the Laws, Separation of Powers, civil liberties, and the end of slavery

1754 Discourse on the Origin and Basis of Inequality Among Men, Private Property as the original source and basis of all inequality

1760-1820/1840 Industrial Revolution

1762 The Social Contract, "Let us then admit that force does not create right, and that we are obliged to obey only legitimate powers"

1776 Declaration of Independence, "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security."

1781 (discover in 'google docs' compilation)

1789 Constitution of the United States of America, "We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide forthe common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, THE Conventions of a number of the States having at the time of their adopting the Constitution, expressed a desire, in orderto prevent misconstruction or abuse of its powers, that further declaratory and restrictive clauses should be added: AMENDMENT I Congress shall make no law respecting an establishment ofreligion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; orthe right of the people peaceably to assemble, and to petition the Government for a redress of grievances. AMENDMENT II A wellregulated Militia, being necessary to the security of a free State, the right of the people to keep and bear Arms, shall not be infringed. AMENDMENT III No Soldier shall, in time of peace be quartered in any house, without the consent of the Owner, norin time of war, but in a manner to be prescribed by law. AMENDMENT IV The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not be violated, and no Warrants shall issue, but upon probable cause, supported by Oath or affirmation, and particularly describing the place to be searched, and the persons orthings to be seized. AMENDMENT V No person shall be held to answerfor a capital, or otherwise infamous crime, unless on a presentment orindictment of a Grand Jury, except in cases arising in the land or naval forces, orin the Militia, when in actual service in time of War or public danger; nor shall any person be subject forthe same offence to be twice put in jeopardy of life orlimb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation. AMENDMENT VI In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the State and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and to have the Assistance of Counsel for his defence. AMENDMENT VIII Excessive bail shall not be required, nor excessive fines be imposed, nor cruel and unusual punishments inflicted. AMENDMENT XIII SECTION 1 Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction. (***Denounced by Declaration universal human rights)"

1789 Discovery of Oxygen

1800-1850 Romanticism

1807 Phenomenology of Spirit, Hegel, Master Slave Dialectic (include thesis, antithesis, synthesis?)

1844/1845 Condition of the Working Class in England, "an industrial revolution, a revolution which at the same time changed the whole of civil society",

1848 Declaration of Sentiments and Resolutions, "We hold these truths to be self-evident: that all men and women are created equal…The history of mankind is a history of repeated injuries and usurpations on the part of man toward woman, having in direct object the establishment of an absolute tyranny over her."

1848 The Communist Manifesto, Marx and Engels, "The proletariat inevitably will become conscious of their own potential…"

1867, Capital. Critique of Political Economy, Marx "commodity fetishism": is the perception of the social relationships involved in production, not as relationships among people, but as economic relationships among the money and commodity exchanged in market trade. As such, commodity fetishism transforms the subjective, abstract aspects of economic value into objective, real things that people believe have intrinsic value.

1876, Socialism: Utopian and Scientific

1887, on the genealogy of morality, Nietzsche master slave morality

1893 "Collective Consciousness"

1897 "Anomie"

1901 Classical Conditioning

1902/1938 Operant Conditioning

1916 "Collective Unconscious"

1912/1920 Death Drive, Death Anxiety/Thanatophobia

1917 A Theology for the Social Gospel, "Instead of being an aid in the development of the social gospel systematic theology had been a real clog. When a minister speaks to his people about child labor or the exploitation of the lowly by the strong; when he insists on adequate food, education, recreation; and a really human opportunity for all, there is response. People are moved by plain human feeling and by the instinctive conviction which they have learned from Jesus Christ. But at once there are doubting and dissenting voices. We are told that the environment has no saving power; regeneration is what men need; we can not have a regenerate society without regenerate individuals; we do not live for this world but for the life to come; it is not the function of the church to deal with economic questions; any effort to change the social order before the coming of the Lord is foredoomed to failure. These objections all issue from the theological consciousness issued by traditional church teaching. These half-truths are the proper product of a halfway system of theology in which there is no room for social redemption. Thus the church is halting between two voices that call it. On the one side is the voice of the living Christ among living men today; on the other side is the voice of past ages embodied in theology. Who will say that the authority of this voice has never confused or Christian judgement and paralyzed our determination to establish God's kingdom on Earth?"

1923, History of Class Consciousness, "commodity fetishism, which Lukacs completed with his concept of reification: alienation is what follows the workers estrangement to the world following the new life acquired by the product of his work"(reflecting the conclusion of the master slave dialectic by hegel) a

1933 Business Plot

1934 Communications Act "For the purpose of regulating interstate and foreign commerce in communication by wire and radio so as to make available, so far as possible, to all the people of the United States a rapid, efficient, nationwide, and worldwide wire and radio communication service with adequate facilities at reasonable charges, for the purpose of the national defense, and for the purpose of securing a more effective execution of this policy by centralizing authority theretofore granted by law to several agencies and by granting additional authority with respect to interstate and foreign commerce in wire and radio communication, there is hereby created a commission to be known as the 'Federal Communications Commission', which shall be constituted as hereinafter provided, and which shall execute and enforce the provisions of this Act."

1935 – Roerich Pact The most important idea of the Roerich Pact is the legal recognition that the defense of cultural objects is more important than the use or destruction of that culture for military purposes, and the protection of culture always has precedence over any military necessity.

1936 Defense Mechanisms

1938 Operant Conditioning Chamber

1941 Atlantic Charter, "First, their countries seek no aggrandizement, territorial or other; Second, they desire to see no territorial changes that do not accord with the freely expressed wishes of the peoples concerned; Third, they respect the right of all peoples to choose the form of government under which they will live; and they wish to see sovereign rights and self-government restored to those who have been forcibly deprived of them; Fifth, they desire to bring about the fullest collaboration between all nations in the economic field with the object of securing, for all, improved labor standards, economic advancement and social security; Sixth, after the final destruction of Nazi tyranny, they hope to see established a peace which will afford to all nations the means of dwelling in safety within their own boundaries, and which will afford assurance that all the men in all the lands may live out their lives in freedom from fear and want; Seventh, such a peace should enable all men to traverse the high seas and oceans without hindrance; Eighth, they believe that all of the nations of the world, for realistic as well as spiritual reasons must come to the abandonment of the use of force."

1943 A theory of Human Motivation (Maslow's Hierarchy of Needs)

1945 Charter of The United Nations, "WE THE PEOPLES OF THE UNITED NATIONS DETERMINED to save succeeding generations from the scourge of war, which twice in our life-time has brought untold sorrow to mankind, and to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small, and to establish conditions under which justice and respect for the obligations arising from treaties and other sources of international law can be maintained, and to promote social progress and better standards of life in larger freedom, AND FOR THESE ENDS to practice tolerance and live together in peace with one another as good neighbors, and to unite our strength to maintain international peace and security, and to ensure, by the acceptance of principles and the institution of methods, that armed force shall not be used, save in the common interest, and to employ international machinery for the promotion of the economic and social advancement of all peoples, Article 1 the purposes of the United Nations are 1. to take effective collective measures for the prevention and removal of threats to the peace, 2. To develop friendly relations among nations based on respect for the principle of equal rights and self-determination of peoples, 3. To achieve international cooperation in solving international problems of an economic, social, cultural, or humanitarian character, and in promoting and encouraging respect for human rights and for fundamental freedoms for all with-out distinction as to race, sex, language, or religion; 4. To be a center for harmonizing the actions of nations in the attainment of these common ends. Article 2 The Organization and its Members, in pursuit of the Purposes stated in Article 1, shall act in accordance with the following Principles. 1. The Organization is based on the principle of the sovereign equality of all its Members. 2. All Members, in order to ensure to all of them the rights and benefits resulting from membership, shall fulfil in good faith the obligations assumed by them in accordance with the present Charter. 3. All Members shall settle their international disputes by peaceful means in such a manner that international peace and security, and justice, are not endangered. 4. All Members shall refrain in their international relations from the threat or use of force against the territorial integrity or political independence of any state CHAPTER VI PACIFIC SETTLEMENT OF DISPUTES Article 33 1. The parties to any dispute, the continuance of which is likely to endanger the maintenance of international peace and security, shall, first of all, seek a solution by negotiation, enquiry, mediation, conciliation, arbitration, judicial settlement, re-sort to regional agencies or arrangements, or other peaceful means of their own choice. 2. The Security Council shall, when it deems necessary, call upon the parties to settle their dispute by such means. CHAPTER VII ACTION WITH RESPECT TO THREATS TO THE PEACE, BREACHES OF THE PEACE, AND ACTS OF AGGRESSION Article 39 The Security Council shall determine the existence of any threat to the peace, breach of the peace, or act of aggression and shall make recommendations, or decide what measures shall be taken in accordance with Articles 41 and 42, to maintain or restore international peace and security."

1945 Constitution of the United Nations Educational, Scientific and Cultural Organization, "The Governments of the States Parties to this Constitution on behalf of their peoples declare: That since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed; That ignorance of each other's ways and lives has been a common cause, throughout the history of mankind, of that suspicion and mistrust between the peoples of the world through which their differences have all too often broken into war; That the great and terrible war which has now ended was a war made possible by the denial of the democratic principles of the dignity, equality and mutual respect of men, and by the propagation, in their place, through ignorance and prejudice, of the doctrine of the inequality of men and races; That the wide diffusion of culture, and the education of humanity for justice and liberty and peace are indispensable to the dignity of man and constitute a sacred duty which all the nations must fulfil in a spirit of mutual assistance and concern; That a peace based exclusively upon the political and economic arrangements of governments would not be a peace which could secure the unanimous, lasting and sincere support of the peoples of the world, and that the peace must therefore be founded, if it is not to fail, upon the intellectual and moral solidarity of mankind. For these reasons, the States Parties to this Constitution, believing in full and equal opportunities for education for all, in the unrestricted pursuit of objective truth, and in the free exchange of ideas and knowledge, are agreed and determined to develop and to increase the means of communication between their peoples and to employ these means for the purposes of mutual understanding and a truer and more perfect knowledge of each other's lives. Article I Purposes and functions 1. The purpose of the Organization is to contribute to peace and security by promoting collaboration among the nations through education, science and culture in order to further universal respect for justice, for the rule of law and for the human rights and fundamental freedoms which are affirmed for the peoples of the world, without distinction of race, sex, language or religion, by the Charter of the United Nations. 2. To realize this purpose the Organization will: (a) Collaborate in the work of advancing the mutual knowledge and understanding of peoples, through all means of mass communication and to that end recommend such international agreements as may be necessary to promote the free flow of ideas by word and image; (b) Give fresh impulse to popular education and to the spread of culture: By collaborating with Members, at their request, in the development of educational activities; By instituting collaboration among the nations to advance the ideal of equality of educational opportunity without regard to race, sex or any distinctions, economic or social; By suggesting educational methods best suited to prepare the children of the world for the responsibilities of freedom; (c) Maintain, increase and diffuse knowledge: By assuring the conservation and protection of the world's inheritance of books, works of art and monuments of history and science, and recommending to the nations concerned the necessary international conventions;"

1946 Man's Search for Meaning, "Freedom, however, is not the last word. Freedom is only part of the story and half of the truth. Freedom is but the negative aspect of the whole phenomenon whose positive aspect is responsibleness. In fact, freedom is in danger of degenerating into mere arbitrariness unless it is lived in terms of responsibleness. That is why I recommend that the Statue of Liberty on the East Coast be supplemented by a Statue of Responsibility on the West Coast" Frankl identifies three psychological reactions experienced by all inmates to one degree or another: (1) shock during the initial admission phase to the camp, (2) apathy after becoming accustomed to camp existence, in which the inmate values only that which helps himself and his friends survive, and (3) (a) reactions of depersonalization, (b) moral deformity, (c) bitterness, and disillusionment if he survives and is liberated. As time passed, however, the prisoner's experience in a concentration camp finally became nothing but a remembered nightmare. ***Grief and belief formation; Cognitive dissonance; The creative minds fantastic/fantasy solution to each waking problem

1947 Gandhi, India of My Dreams "the unfinished revolution, "he described a highly decentralized government of limited peers, "where every village will be a republic or panchayat having full powers." He described a self-sufficient society that could maintain it's moral priorities and provide a rich enough political and economic life to resist penetration by malignant outside forces. "It follows therefore, that every village has to be self-sustained and capable of managing it's affairs even to the extent of defending itself against the whole world. It will be trained and prepared to perish in the attempt to defend itself against any onslaught from without. This ultimately it is the individual who is the unit.", "In this structure composed of innumerable villages there will be ever widening, never ascending circles. Life will not be a pyramid with the apex sustained by the bottom. But it will be the individual always ready to perish for the village, the letter ready to perish for the village, sharing the majesty of the oceanic circle of which they are integral units."

1948 Declaration of Universal Human Rights, "Whereas disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, Whereas Member States have pledged themselves to achieve, in co-operation with the United Nations, the promotion of universal respect for and observance of human rights and fundamental freedoms, Whereas a common understanding of these rights and freedoms is of the greatest importance for the full realisation of this pledge every individual and every organ of society, keeping this Declaration constantly in mind, shall strive by teaching and education to promote respect for these rights and freedoms and by progressive measures, national and international, to secure their universal and effective recognition and observance, Article I All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood. Article 4 No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms. Article 5 No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. Article 16 3. The family is the natural and fundamental group unit of society and is entitled to protection by society and the State. Article 22 Everyone, as a member of society, has the right to social security and is entitled to realisation ... for his dignity and the free development of his personality. Article 23 1. Everyone has the right to work, to free choice of employment, to just and favourable conditions of work and to protection against unemployment. 2. Everyone, without any discrimination, has the right to equal pay for equal work. Article 25 1. Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control. 2. Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection. Article 26 1. Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit. 2. Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace. Article 27 1. Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits. Article 29 1. Everyone has duties to the community in which alone the free and full development of his personality is possible"

1950/1955 Berlyne Demonstrated that rats were quick to explore novel spaces, "rats will incur pain, and hungry monkeys will pass up food, to get the opportunity to explore a new area of their enclosure"

1950 Suppression of Communism Act The Act defined communism as any scheme aimed at achieving change--whether economic, social, political, or industrial--"by the promotion of disturbance or disorder" or any act encouraging "feelings of hostility between the European and the non-European races...calculated to further [disorder]". The government could deem any person to be a communist if it found that person's aims to be aligned with these aims. After a nominal two-week appeal period, the person's status as a communist became an unreviewable matter of fact, and subjected the person to being barred from public participation, restricted in movement, or imprisoned.[2][3] The Act was frequently used to silence critics of racial segregation and apartheid.

1950 Declaration of Conscience the basic principles of "Americanism" were: The right to criticize; The right to hold unpopular beliefs; The right to protest; The right of independent thought

1951 The Invention Secrecy Act is a body of United States federal law designed to prevent disclosure of new inventions and technologies that, in the opinion of selected federal agencies, present a possible threat to the national security of the United States. The U.S. government has long sought to control the release of new technologies that might threaten the national defense and economic stability of the country.

Harvard Law Patent Nonuse Review, Chomsky MNC Suppression of Democracy, moral imperative article

1955 Conformity, Solomon Asch

1955/1956 Our Capacity for Processing Information .it.

1957 A Theory of Cognitive Dissonance

1957 Transactional Analysis

1957 Schedules of Reinforcement

1958 The Capitalist Manifesto Democracy requires an economic system which supports the political ideals of liberty and equality for all. Men cannot exercise freedom in the political sphere when they are deprived of it in the economic sphere. John Adams and Alexander Hamilton observed that a man who is dependent for his subsistence on the arbitrary will of another man is not economically free and so should not be admitted to citizenship because he cannot use the political liberty which belongs to that status. (1) economic liberty, i.e., the abolition of all economic slavery, servitude, or dependence; and (2) economic equality, i.e., the enjoyment by all men of the same economic status and, therewith, of the same opportunities to live well. Two main reasons against communism: 1. "Dependent for their subsistence on the arbitrary will of the state" relying on bureaucrats is just as unfree as private owners, 2. "Equal liability of all to labor" impedes rather than promotes economic freedom. My analysis: capitalists do not trust the state and Communists do not trust private owners The solution is to understand both of these concerns as being one in the same.

1959 Applications of Information Theory to Psychology .it.

1959, The Evolution of Culture, Leslie White "Originally, i.e., with the advent of civil society, the church and the state were one, as Herbert Spencer astutely observed many years ago [1896]… "…In ancient Peru, the head of the state and the head of the church were brothers, or uncle and nephew; and the former was a god, or descended from the sun god. In Egypt, the pharaoh was for ages god, priest, and king, at least in theory. In practice, the pharaoh had of necessity to delegate the worship of the gods to priests, who acquired thereby so much autonomy as virtually to constitute a church structurally distinct from the state."… In the early urban cultures of Mesopotamia, "priestly and secular functions no doubt rested in one and the same person." [Jastrow, 1915] In ancient Sumer, "church and state were so bound together that those exercising authority formed a theocracy, functioning on the one hand religiously and on the other secularly." (Turner 1941] The kings of Assyria were priests originally, and they "retain their priestly functions through all periods of the kingdom." [Jastrow, 1915] "Church and State are one in India." [Hocart, 1950]. In Greece during the Iron Age the king was also a priest. Many pagan ruling families of Scandinavia reckoned their descent from Nordic deities, even as the modern Japanese trace their Emperor to divine ancestry. Caesar was Pontifex maximus as well as emperor in imperial Rome; Augustus likewise served as the head of the state religion."… "The military force of the state was not enough to cope with the chronic and ever-recurring threat of insurrection, civil war, and anarchy; the resources of the church must be employed to this end also. So it was that the priests taught the masses, and validated these teachings with the wonders and mysteries of religion, that they should accept, and even defend the established order. For the Egyptians, the universe was a moral order established by the sun god, Re, and their social ideal involved "a full acceptance of class status, the inferiority of labor, and poverty as the ordinary condition of common men; these, indeed, were aspects of the divine moral order." [Turner, 1941]. Buddhism taught men and women to be content with their lot and station in life. The teaching of Confusius "devoted its whole attention to making people recognize their betters with distinction," according to Ku Chieh-kang, "and that is certainly a most advantageous theory to an autocratic despot." More recently, the Roman Catholic Church has recognized the utility and function of religion as means of preventing insurrection by "subduing the souls of men:" (Excerpted from History of a Culture of War, Adams)

1960 Sharon Statement 1. Individual freedom and the right of governing originate with God, 2. Political freedom is impossible without economic freedom, 3. Limited government and strict interpretation of the Constitution, 4. The free market system is preferable over all others, 5. Communism must be defeated, not contained

1961 Shock Experiment, Milgram

1961 Farewell Address to the Nation, Dwight D Eisenhower, "A vital element in keeping the peace is our military establishment. Our arms must be mighty, ready for instant action, so that no potential aggressor may be tempted to risk his own destruction... This conjunction of an immense military establishment and a large arms industry is new in the American experience. The total influence—economic, political, even spiritual—is felt in every city, every statehouse, every office of the federal government. We recognize the imperative need for this development. Yet we must not fail to comprehend its grave implications. Our toil, resources and livelihood are all involved; so is the very structure of our society. In the councils of government, we must guard against the acquisition of unwarranted influence, whether sought or unsought, by the military–industrial complex. The potential for the disastrous rise of misplaced power exists and will persist. We must never let the weight of this combination endanger our liberties or democratic processes. We should take nothing for granted. Only an alert and knowledgeable citizenry can compel the proper meshing of the huge industrial and military machinery of defense with our peaceful methods and goals so that security and liberty may prosper together.

1962 Port Huron Statement The awe inspired by the pervasiveness of racism in American life is only matched by the marvel of its historical span in American traditions. The national heritage of racial discrimination via slavery has been a part of America since Christopher Columbus's advent on the new continent. As such, racism not only antedates the Republic and the thirteen Colonies, but even the use of the English language in this hemisphere.", "Our work is guided by the sense that we may be the last generation in the experiment with living. But we are a minority—the vast majority of our people regard the temporary equilibriums of our society and world as eternally-functional parts.", "We regard men as infinitely precious and possessed of unfulfilled capacities for reason, freedom, and love.", "The decline of utopia and hope is in fact one of the defining features of social life today. The reasons are various: the dreams of the older left were perverted by Stalinism and never recreated...the horrors of the twentieth century, symbolized in the gas-ovens and concentration camps and atom bombs, have blasted hopefulness. To be idealistic is to be considered apocalyptic, deluded.", "The apathy here is, first subjective—the felt powerlessness of ordinary people, the resignation before the enormity of events. But subjective apathy is encouraged by the objective American situation—the actual structural separation of people from power, from relevant knowledge, from pinnacles of decision making...The American political system is not the democratic model of which its glorifiers speak. In actuality it frustrates democracy by confusing the individual citizen, paralyzing policy discussion, and consolidating the irresponsible power of military and business interests."

1963 I have a Dream "…I say to you today, my friends, though, even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream. I have a dream that one day this nation will rise up, live out the true meaning of its creed: ""We hold these truths to be self-evident, that all men are created equal…"

1965 Harlow's Monkeys

1967 Learned Helplessness/Depression, Seligman

1968 Bystander Effect

1968 How Discrimination Feels, Blue Eye, Brown Eye Exercise, Jean Elliott

1971 Stanford Prison Experiment

1973 Being Sane in Insane Places

1973 Becker "Denial of Death"

1976 The Origin of Consciousness in the Breakdown of the Bicameral Mind, Jaynes defines consciousness – in the tradition of Locke and Descartes – as "that which is introspectable"

1981 Rat Park Experiment

1982 Judgement under uncertainty, Heuristics

1985 Neuroscience of Free Will Libet

1986 20,000,000 Bits vs. 40 Bits .it.

1986 Seville Statement - IT IS SCIENTIFICALLY INCORRECT to say that we have inherited a tendency to make war from our animal ancestors. Although fighting occurs widely throughout animal species, only a few cases of destructive intra-species fighting between organized groups have ever been reported among naturally living species, and none of these involve the use of tools designed to be weapons. Normal predatory feeding upon other species cannot be equated with intra-species violence. Warfare is a peculiarly human phenomenon and does not occur in other animals. IT IS SCIENTIFICALLY INCORRECT to say that war or any other violent behaviour is genetically programmed into our human nature. While genes are involved at all levels of nervous system function, they provide a developmental potential that can be actualized only in conjunction with the ecological and social environment. While individuals vary in their predispositions to be affected by their experience, it is the interaction between their genetic endowment and conditions of nurturance that determines their personalities. Except for rare pathologies, the genes do not produce individuals necessarily predisposed to violence. IT IS SCIENTIFICALLY INCORRECT to say that in the course of human evolution there has been a selection for aggressive behaviour more than for other kinds of behaviour. In all well-studied species, status within the group is achieved by the ability to co-operate and to fulfill social functions relevant to the structure of that group. 'Dominance' involves social bindings and affiliations; it is not simply a matter of the possession and use of superior physical power, although it does involve aggressive behaviours. Where genetic selection for aggressive behaviour has been artificially instituted in animals, it has rapidly succeeded in producing hyper-aggressive individuals; this indicates that aggression was not maximally selected under natural conditions. When such experimentally-created hyper-aggressive animals are present in a social group, they either disrupt its social structure or are driven out. Violence is neither in our evolutionary legacy nor in our genes. IT IS SCIENTIFICALLY INCORRECT to say that humans have a 'violent brain'. While we do have the neural apparatus to act violently, it is not automatically activated by internal or external stimuli. Like higher primates and unlike other animals, our higher neural processes filter such stimuli before they can be acted upon. How we act is shaped by how we have been conditioned and socialized. There is nothing in our neurophysiology that compels us to react violently. IT IS SCIENTIFICALLY INCORRECT to say that war is caused by 'instinct' or any single motivation. The emergence of modern warfare has been a journey from the primacy of emotional and motivational factors, sometimes called 'instincts', to the primacy of cognitive factors. Modern war involves institutional use of personal characteristics such as obedience, suggestibility, and idealism, social skills such as language, and rational considerations such as cost-calculation, planning, and information processing. The technology of modern war has exaggerated traits associated with violence both in the training of actual combatants and in the preparation of support for war in the general population. As a result of this exaggeration, such traits are often mistaken to be the causes rather than the consequences of the process. We conclude that biology does not condemn humanity to war, and that humanity can be freed from the bondage of biological pessimism and empowered with confidence to undertake the transformative tasks needed in this International Year of Peace and in the years to come. Although these tasks are mainly institutional and collective, they also rest upon the consciousness of individual participants for whom pessimism and optimism are crucial factors (*affirmation? Or just power of belief/dialectic). Just as 'wars begin in the minds of men', peace also begins in our minds. The same species who invented war is capable of inventing peace. The responsibility lies with each of us.

1987 The Myth that War is Intrinsic to Human Nature Discourages Peace Activists

1989 Convention on Rights of Children Recalling that, in the Universal Declaration of Human Rights, the United Nations has proclaimed that childhood is entitled to special care and assistance, Convinced that the family, as the fundamental group of society and the natural environment for the growth and well-being of all its members and particularly children, should be afforded the necessary protection and assistance so that it can fully assume its responsibilities within the community, Recognizing that the child, for the full and harmonious development of his or her personality, should grow up in a family environment, in an atmosphere of happiness, love and understanding, Bearing in mind that, as indicated in the Declaration of the Rights of the

Child, "the child, by reason of his physical and mental immaturity, needs special safeguards and care, including appropriate legal protection, before as well as after birth", Article 14 1. States Parties shall respect the right of the child to freedom of thought, conscience and religion Article 24 1. States Parties recognize the right of the child to the enjoyment of the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health. States Parties shall strive to ensure that no child is deprived of his or her right of access to such health care services. 2. (c) To combat disease and malnutrition, including within the framework of primary health care, through, inter alia, the application of readily available technology and through the provision of adequate nutritious foods and clean drinking-water, taking into consideration the dangers and risks of environmental pollution; (d) To ensure appropriate pre-natal and post-natal health care for mothers; (e) To ensure that all segments of society, in particular parents and children, are informed, have access to education and are supported in the use of basic knowledge of child health and nutrition, the advantages of breastfeeding, hygiene and environmental sanitation and the prevention of accidents; Article 27 1. States Parties recognize the right of every child to a standard of living adequate for the child's physical, mental, spiritual, moral and social development. 3. States Parties, in accordance with national conditions and within their means, shall take appropriate measures to assist parents and others responsible for the child to implement this right and shall in case of need provide material assistance and support programmes, particularly with regard to nutrition, clothing and housing. Article 29 1. States Parties agree that the education of the child shall be directed to: (a) The development of the child's personality, talents and mental and physical abilities to their fullest potential; (b) The development of respect for human rights and fundamental freedoms, and for the principles enshrined in the Charter of the United Nations; (c) The development of respect for the child's parents, his or her own cultural identity, language and values, for the national values of the country in which the child is living, the country from which he or she may originate, and for civilizations emdifferent from his or her own; (d) The preparation of the child for responsible life in a free society, in the spirit of understanding, peace, tolerance, equality of sexes, and friendship among all peoples, ethnic, national and religious groups and persons of indigenous origin; (e) The development of respect for the natural environment. Article 33 States Parties shall take all appropriate measures, including legislative, administrative, social and educational measures, to protect children from the illicit use of narcotic drugs and psychotropic substances as defined in the relevant international treaties, and to prevent the use of children in the illicit production and trafficking of such substances. Article 34 States Parties undertake to protect the child from all forms of sexual exploitation and sexual abuse. For these purposes, States Parties shall in particular take all appropriate national, bilateral and multilateral measures to prevent: (a) The inducement or coercion of a child to engage in any unlawful sexual activity; (b) The exploitative use of children in prostitution or other unlawful sexual practices; (c) The exploitative use of children in pornographic performances and materials. Article 35 States Parties shall take all appropriate national, bilateral and multilateral measures to prevent the abduction of, the sale of or traffic in children for any purpose or in any form.

1990 Theory of Recovery through Retraditionalization and Identity Transformation Grounded in Data, (LaFromboise, Heyle, Ozer, 1990)

1990 Learned Optimism

1990 Americans with Disabilities Act

1992 Learned Industriousness

1994 Betrayal Trauma

1995 “The Hard Problem of Consciousness”, facing up to the Problem of Consciousness, Chalmers, “It is undeniable that some organisms are subjects of experience. But the question of how it is that these systems are subjects of experience is perplexing. Why is it that when our cognitive systems engage in visual and auditory information-processing, we have visual or auditory experience: the quality of deep blue, the sensation of middle C? How can we explain why there is something it is like to entertain a mental image, or to experience an emotion? It is widely agreed that experience arises from a physical basis, but we have no good explanation of why and how it so arises. Why should physical processing give rise to a rich inner life at all? It seems objectively unreasonable that it should, and yet it does.” In the same paper, he also wrote: “The really hard problem of consciousness is the problem of experience. When we think and perceive there is a whir of information processing, but there is also a subjective aspect.”

Other formulations of the "hard problem" include:

"How is it that some organisms are subjects of experience?"

"Why does awareness of sensory information exist at all?"

"Why do qualia exist?"

"Why aren't we philosophical zombies?"

1996 Manufacturing false memories using bits of information

1997 (A/52/92) UNESCO document on the culture of peace, identifies 8 aspects of a culture of war: 1. armies and armaments 2. authoritarian rule associated with military leadership 3. control of information through secrecy and propaganda 4. identification of an "enemy" 5. education of young men from the nobility to be warriors 6. male domination 7. wealth based on plunder and slavery 8. economy based on exploitation of people (slaves, serfs, etc.) and the environment

1998 40,000,000 Bits

1998 The Differentiation of Self Inventory

1998 Tobacco Master Settlement Agreement

Relationship to; cognitive dissonance tobacco experiments, addiction, opiate and hospice lawsuit

1999 Declaration on a Culture of Peace Recalling also the Constitution of the United Nations Educational, Scientific and Cultural Organization, which states that "since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed", Recognizing that peace not only is the absence of conflict, but also requires a positive, dynamic participatory process where dialogue is encouraged and conflicts are solved in a spirit of mutual understanding and cooperation, Expressing deep concern about the persistence and proliferation of violence and conflict in various parts of the world, Article 1 A culture of peace is a set of values, attitudes, traditions and modes of behaviour and ways of life based on: (a) Respect for life, ending of violence and promotion and practice of non-violence through education, dialogue and cooperation; (b) Full respect for the principles of sovereignty, territorial integrity and political independence of States and non-intervention in matters which are essentially within the domestic jurisdiction of any State, in accordance with the Charter of the United Nations and international law; (c) Full respect for and promotion of all human rights and fundamental freedoms; (d) Commitment to peaceful settlement of conflicts; (e) Efforts to meet the developmental and environmental needs of present and future generations; (f) Respect for and promotion of the right to development; (g) Respect for and promotion of equal rights and opportunities for women and men; (h) Respect for and promotion of the right of everyone to freedom of expression, opinion and information; (i) Adherence to the principles of freedom, justice, democracy, tolerance, solidarity, cooperation, pluralism, cultural diversity, dialogue and understanding at all levels of society and among nations; and fostered by an enabling national and international environment conduceive to peace. Article 3 The fuller development of a culture of peace is integrally linked to:(c) Promoting democracy, development and universal respect for and observance of all human rights and fundamental freedoms; (d) Enabling people at all levels to develop skills of dialogue, negotiation, consensus-building and peaceful resolution of differences; Eradicating poverty and illiteracy and reducing inequalities within and among nations; (g) Promoting sustainable economic and social development; (h) Eliminating all forms of discrimination against women through their empowerment and equal representation at all levels of decision-making; (i) Ensuring respect for and promotion and protection of the rights of children;(j) Ensuring free flow of information at all levels and enhancing access thereto; (k) Increasing transparency and accountability in governance; (l) Eliminating all forms of racism, racial discrimination, xenophobia (***.One who fears that which is unknown; one who fears people who are different from oneself, especially foreigners***"criminals") and related intolerance; (n) Realizing fully the right of all peoples, including those living under colonial or other forms of alien domination or foreign occupation, to self-determination enshrined in the Charter of the United Nations and embodied in the International Covenants on Human Rights,2 Article 4 Education at all levels is one of the principal means to build a culture of peace. In this context, human rights education is of particular importance. Article 5 Governments have an essential role in promoting and strengthening a culture of peace. Article 6 Civil society needs to be fully engaged in fuller development of a culture of peace. Article 7 The educative and informative role of the media contributes to the promotion of a culture of peace. Article 8 A key role in the promotion of a culture of peace belongs to parents, teachers, politicians, journalists, religious bodies and groups, intellectuals, those engaged in scientific, philosophical and creative and artistic activities, health and humanitarian workers, social workers, managers at various levels as well as to non-governmental organizations.

1999 Program of Action on a Culture of Peace 7. A culture of peace could be promoted through sharing of information among actors on their initiatives in this regard. 10. Actions to promote sustainable economic and social development: (a) Undertake comprehensive actions on the basis of appropriate strategies and agreed targets to eradicate poverty through national and international efforts, including through international cooperation; (b) Strengthen the national capacity for implementation of policies and programmes designed to reduce economic and social inequalities within nations through, inter alia, international cooperation; (d) Reinforce actions at all levels to implement national strategies for sustainable food security, including the development of actions to mobilize and optimize the allocation and utilization of resources from all sources, including through international cooperation, such as resources coming from debt relief; (i) Incorporate capacity-building in development strategies and projects to ensure environmental sustainability, including preservation and regeneration of the natural resource base; (j) Remove obstacles to the realization of the right of peoples to self-determination, in particular of peoples living under colonial or other forms of alien domination or foreign occupation, which adversely affect their social and economic development. 13. Actions to foster democratic participation: (e) Combating of terrorism, organized crime, corruption as well as production, trafficking and consumption of illicit drugs and money laundering, as they undermine democracies and impede the fuller development of a culture of peace. 14. Actions to advance understanding, tolerance and solidarity: (c) Study further the local or indigenous practices and traditions of dispute settlement and promotion of tolerance with the objective of learning from them; (d) Support actions that foster understanding, tolerance and solidarity throughout society, in particular with vulnerable groups; 15. Actions to support participatory communication and the free flow of information and knowledge: (a) Support the important role of the media in the promotion of a culture of peace; (b) Ensure freedom of the press and freedom of information and communication; (c) Make effective use of the media for advocacy and dissemination of information on a culture of peace involving, as appropriate, the United Nations and relevant regional, national and local mechanisms; (d) Promote mass communication that enables communities to express their needs and participate in decision-making; (e) Take measures to address the issue of violence in the media, including new communication technologies, inter alia, the Internet; 16. Actions to promote international peace and security: (h) Refrain from military, political, economic or any other form of coercion, not in accordance with international law and the Charter, aimed against the political independence or territorial integrity of any State; (***Trump Ukraine…) (e) Take measures to eliminate illicit production and traffic of small arms and light weapons; (***article: risky business)

2002 Patent Nonuse and the Role of Public Interest as a Deterrent to Technology Suppression

2007 Declaration on the Rights of Indigenous People Affirming that indigenous peoples are equal to all other peoples, while recognizing the right of all peoples to be different, to consider themselves different, and to be respected as such,Affirming also that all peoples contribute to the diversity and richness of civilizations and cultures, which constitute the common heritage of hu-mankind, Affirming further that all doctrines, policies and practices based on or advocating superiority of peoples or individuals on the basis of national origin or racial, religious, ethnic or cultural differ-ences are racist, scientifically false, legally invalid, morally condemnable and socially unjust, Article 8 1. Indigenous peoples and individuals have the right not to be subjected to forced assimilation or destruction of their culture. 2. States shall provide effective mechanisms for prevention of, and redress for:(a) Any action which has the aim or effect of depriving them of their integrity as distinct peoples, or of their cultural values or ethnic identities;(b) Any action which has the aim or effect of dispossessing them of their lands, territories or resources; (***lamprey, salmon, camas, drought, pollution etc) Article 10 Indigenous peoples shall not be forcibly removed from their lands or territories. No relocation shall take place without the free, prior and informed consent of the indigenous peoples concerned and after agreement on just and fair compensation and, where possible, with the option of return. Article 11 1. Indigenous peoples have the right to practise and revitalize their cultural traditions and cus-toms. This includes the right to maintain, protect and develop the past, present and future manifestations of their cultures, such as archaeological and historical sites, artefacts, de-signs, ceremonies, technologies and visual and performing arts and literature. 2. States shall provide redress through effective mechanisms, which may include restitution, developed in conjunction with indigenous peoples, with respect to their cultural, intellectual, religious and spiritual property taken with-out their free, prior and informed consent or in violation of their laws, traditions and customs. Article 26 1. Indigenous peoples have the right to the lands, territories and resources which they have traditionally owned, occupied or otherwise used or acquired.2. Indigenous peoples have the right to own, use, develop and control the lands, territories and resources that they possess by reason of traditional ownership or other traditional occupation or use, as well as those which they have otherwise acquired.3. States shall give legal recognition and protection to these lands, territories and resources. Such recognition shall be conducted with due respect to the customs, traditions and land tenure systems of the indigenous peoples concerned. Article 28 1. Indigenous peoples have the right to redress, by means that can include restitution or, when this is not possible, just, fair and equitable compensation, for the lands, territories and re-sources which they have traditionally owned or otherwise occupied or used, and which have been confiscated, taken, occupied, used or damaged without their free, prior and in-formed consent. Article 29 1. Indigenous peoples have the right to the conservation and protection of the environment and the productive capacity of their lands or territories and resources. States shall establish and implement assistance programmes for indigenous peoples for such conservation and protection, without discrimination. Article 32 1. Indigenous peoples have the right to determine and develop priorities and strategies for the development or use of their lands or territories and other resources. 2. States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free and informed consent prior to the approval of any project affecting their lands or territories and other resources, particularly in connection with the development, utilization or exploitation of mineral, water or other resources. 3. States shall provide effective mechanisms for just and fair redress for any such activities, and appropriate measures shall be taken to mitigate adverse environmental, economic, social, cultural or spiritual impact.

2008 The History of the Culture of War, Adams, updates the 8 aspects of a culture of war identified in the original UNESCO document on a culture of peace to 15 1. armies and armaments 2. neocolonialism 3. the internal culture of war and economics based on exploitation (capitalist exploitation of workers and of the environment, as well as exploitation and destruction of the environment) 4. means to deter worker revolts and political dissidents including internal use of military power, prisons and executions 5. the military-industrial complex 6. the drugs-for arms trade 7. authoritarian rule associated with military leadership 8. control of information through secrecy and propaganda 9. identification of an "enemy" 10. education for a culture of war 11. male domination 12. religious institutions that support the government and military 13. artistic and literary glorification of military conquest 14. nationalism 15. racism, both institutional and attitudinal

2008 The timing of the conscious intention to move

2010 Universal Declaration on Rights of Mother Earth We, the peoples and nations of Earth: considering that we are all part of Mother Earth, an indivisible, living community of interrelated and interdependent beings with a common destiny; gratefully acknowledging that Mother Earth is the source of life, nourishment and learning and provides everything we need to live well; recognizing that the capitalist system and all forms of depredation, exploitation, abuse and contamination have caused great destruction, degradation and disruption of Mother Earth, putting life as we know it today at risk through phenomena such as climate change; convinced that in an interdependent living community it is not possible to recognize the rights of only human beings without causing an imbalance within Mother Earth; affirming that to guarantee human rights it is necessary to recognize and defend the rights of Mother Earth and all beings in her and that there are existing cultures, practices and laws that do so; conscious of the urgency of taking decisive, collective action to transform structures and systems that cause climate change and other threats to Mother Earth; proclaim this Universal Declaration of the Rights of Mother Earth, and call on the General Assembly of the United Nation to adopt it, as a common standard of achievement for all peoples and all nations of the world, and to the end that every individual and institution takes responsibility for promoting through teaching, education, and consciousness raising, respect for the rights recognized in this Declaration and ensure through prompt and progressive measures and mechanisms, national and international, their universal and effective recognition and observance among all peoples and States in the world. Article 1. Mother Earth (1) Mother Earth is a living being. (2) Mother Earth is a unique, indivisible, self-regulating community of interrelated beings that sustains, contains and reproduces all beings. (3) Each being is defined by its relationships as an integral part of Mother Earth. (4) The inherent rights of Mother Earth are inalienable in that they arise from the same source as existence. (5) Mother Earth and all beings are entitled to all the inherent rights recognized in this Declaration without distinction of any kind, such as may be made between organic and inorganic beings, species, origin, use to human beings, or any other status. (6) Just as human beings have human rights, all other beings also have rights which are specific to their species or kind and appropriate for their role and function within the communities within which they exist. (7) The rights of each being are limited by the rights of other beings and any conflict between their rights must be resolved in a way that maintains the integrity, balance and health of Mother Earth. Article 2. Inherent Rights of Mother Earth (1) Mother Earth and all beings of which she is composed have the following inherent rights: (a) the right to life and to exist; (b)the right to be respected; (c) the right to continue their vital cycles and processes free from human disruptions; (d)the right to maintain its identity and integrity as a distinct, self-regulating and interrelated being; (e) the right to water as a source of life; (f) the right to clean air; (gthe right to integral health; (h) the right to be free from contamination, pollution and toxic or radioactive waste; (i) the right to not have its genetic structure modified or disrupted in a manner that threatens it integrity or vital and healthy functioning; (j) the right to full and prompt restoration the violation of the rights recognized in this Declaration caused by human activities; (2) Each being has the right to a place and to play its role in Mother Earth for her harmonious functioning. (3) Every being has the right to wellbeing and to live free from torture or cruel treatment by human beings. Article 3. Obligations of human beings to Mother Earth (1) Every human being is responsible for respecting and living in harmony with Mother Earth. (2) Human beings, all States, and all public and private institutions must: (a) act in accordance with the rights and obligations recognized in this Declaration; (b)recognize and promote the full implementation and enforcement of the rights and obligations recognized in this Declaration; (c) promote and participate in learning, analysis, interpretation and communication about how to live in harmony with Mother Earth in accordance with this Declaration; (d) ensure that the pursuit of human wellbeing contributes to the wellbeing of Mother Earth, now and in the future; (e) establish and apply effective norms and laws for the defence, protection and conservation of the rights of Mother Earth; (f) respect, protect, conserve and where necessary, restore the integrity, of the vital ecological cycles, processes and balances of Mother Earth; (g) guarantee that the damages caused by human violations of the inherent rights recognized in this Declaration are rectified and that those responsible are held accountable for restoring the integrity and health of Mother Earth; (h) empower human beings and institutions to defend the rights of Mother Earth and of all beings; (i) establish precautionary and restrictive measures to prevent human activities from causing species extinction, the destruction of ecosystems or the disruption of ecological cycles; (j) guarantee peace and eliminate nuclear, chemical and biological weapons; (k) promote and support practices of respect for Mother Earth and all beings, in accordance with their own cultures, traditions and customs; (l) promote economic systems that are in harmony with Mother Earth and in accordance with the rights recognized in this Declaration. Article 4. Definitions (1) The term "being" includes ecosystems, natural communities, species and all other natural entities which exist as part of Mother Earth. (2) Nothing in this Declaration restricts the recognition of other inherent rights of all beings or specified beings.

2013 Multinational Corporations’ Economic and Human Rights Impacts on Developing Countries, Giuliani

2015 University of Illinois released its study on government corruption

2015 Terror Management Theory, “A basic psychological conflict results from having a self-preservation instinct whilst realizing that death is inevitable and to some extent unpredictable. This conflict produces terror, and the terror is then managed by embracing cultural values, or symbolic systems that act to provide life with enduring meaning and value.”

2016 Conscious Business Declaration 1. We Are One with humanity and all of life. Business and, all institutions of the human community are integral parts of a single reality — interrelated, interconnected and interdependent. 2. In line with this reality, the purpose of Business is to increase economic prosperity while contributing to a healthy environment and improving human wellbeing. 3. Business must go beyond sustainability and the philosophy of “do no harm” to restoring the self-renewing integrity of the Earth. 4. Business must operate with economic, social, and ecological transparency. 5. Business must behave as a positive and proactive member of the local and global communities in which it operates. 6. Business that sees, honors, and celebrates the essential interconnected nature of all human beings and all life maximizes human potential and helps create a world that works for all. 7. When aligned with Oneness, Business is the most powerful engine on Earth for creating prosperity and flourishing for all.

2018 U.S. Department of Labor’s List of Goods Produced by Child Labor or Forced Labor

1776 - The U.S. Declaration of Independence

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are **Life, Liberty and the pursuit of Happiness**.--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security

1789 - The U.S. Bill of Rights

Amendment 1 - **Freedom of Religion**, Speech, and the Press Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof, or abridging the freedom of speech or of the press, or the right of the people peaceably to assemble and to petition the government for a redress of grievances. **Amendment 2 - The Right to Bear Arms** A well-regulated militia being necessary to the security of a free State, the right of the people to keep and bear arms shall not be infringed. **Amendment 3 - The Housing of Soldiers** No soldier shall, in time of peace, be quartered in any house without the consent of the owner, nor in time of war but in a manner to be prescribed by law. **Amendment 4 - Protection from Unreasonable Searches and Seizures** The right of the people to be secure in their persons, houses, papers, and effects against unreasonable searches and seizures shall not be violated, and no warrants shall issue but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched and the persons or things to be seized. **Amendment 5 - Protection of Rights to Life, Liberty, and Property** No person shall be held to answer for a capital or otherwise infamous crime unless on a presentment or indictment of a grand jury, except in cases arising in the land or naval forces, or in the militia, when in actual service in time of war or public danger; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property without due process of law; nor shall private property be taken for public use without just compensation. **Amendment 6 - Rights of Accused Persons in Criminal Cases** In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial by an impartial jury of the state and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor; and to have the assistance of counsel for his defense. **Amendment 7 - Rights in Civil Cases** In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury shall be otherwise reexamined in any court of the United States than according to the rules of the common law. **Amendment 8 - Excessive Bail, Fines, and Punishments** Forbidden Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted. **Amendment 9 - Other Rights Kept by the People** The enumeration in the Constitution of certain rights shall not be construed to deny or disparage others retained by the people. **Amendment 10 - Undelegated Powers Kept by the States and the People** The powers not delegated to the United States by the Constitution, nor prohibited by it to the states, are reserved to the states respectively, or to the people.

1948 - The Universal Declaration of Human Rights

Article 1. All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood. **Article 2.** Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty. **Article 3.** Everyone has the right to life, liberty and security of person. **Article 4.** No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms. **Article 5.** No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. **Article 6.** Everyone has the right to recognition everywhere as a person before the law. **Article 7.** All are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of this Declaration and against any incitement to such discrimination. **Article 8.** Everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law. **Article 9.**
No one shall be subjected to arbitrary arrest, detention or exile. **Article 10.** Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him. **Article 11.** (1) Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defence. (2) No one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence, under national or international law, at the time when it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offence was committed. **Article 12.** No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honor and reputation. Everyone has the right to the protection of the law against such interference or attacks. **Article 13.** (1) Everyone has the right to freedom of movement and residence within the borders of each state. (2) Everyone has the right to leave any country, including his own, and to return to his country. **Article 14.** (1) Everyone has the right to seek and to enjoy in other countries asylum from persecution. (2) This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations. **Article 15.** (1) Everyone has the right to a nationality. (2) No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality. **Article 16.** (1) Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. They are entitled to equal rights as to marriage, during marriage and at its dissolution.
(2) Marriage shall be entered into only with the free and full consent of the intending spouses.
(3) The family is the natural and fundamental group unit of society and is entitled to protection by society and the State. **Article 17.** (1) Everyone has the right to own property alone as well as in association with others. (2) No one shall be arbitrarily deprived of his property. **Article 18**. Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance. **Article 19.** Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers. **Article 20.** (1) Everyone has the right to freedom of peaceful assembly and association.
(2) No one may be compelled to belong to an association. **Article 21.** (1) Everyone has the right to take part in the government of his country, directly or through freely chosen representatives. (2) Everyone has the right of equal access to public service in his country.
(3) The will of the people shall be the basis of the authority of government; this will shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures. **Article 22.** Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality. **Article 23.** (1) Everyone has the right to work, to free choice of employment, to just and favorable conditions of work and to protection against unemployment. (2) Everyone, without any discrimination, has the right to equal pay for equal work. (3) Everyone who works has the right to just and favorable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection. (4) Everyone has the right to form and to join trade unions for the protection of his interests. **Article 24.** Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay. **Article 25.** (1) Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.
(2) Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection. **Article 26.** (1) Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit. (2) **Education shall be directed to the full development of the human personality and to the strengthening of reapect for human rights and fundamental freedoms.** It shall promote understanding, tolerance and friendship among all nations, racial or religious groups, and shall further the activities of the United Nations for the maintenance of peace. (3) Parents have a prior right to choose the kind of education that shall be given to their children. **Article 27.** (1) Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.
(2) Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author. **Article 28.** Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized. **Article 29.** (1) Everyone has duties to the community in which alone the free and full development of his personality is possible. (2) In the exercise of his rights and freedoms, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedoms of others and of meeting the just requirements of morality, public order and the general welfare in a democratic society.
(3) These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations. **Article 30.** Nothing in this Declaration may be interpreted as implying for any State, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

1959-1989 - The Universal Declaration of the Rights of the Child

Principle 1 The child shall enjoy all the rights set forth in this Declaration. Every child, without any exception whatsoever, shall be entitled to these rights, without distinction or discrimination on account of race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status, whether of himself or of his family**. Principle 2** The child shall enjoy special protection, and shall be given opportunities and facilities, by law and by other means, to enable him to develop physically, mentally, morally, spiritually and socially in a healthy and normal manner and in conditions of freedom and dignity. In the enactment of laws for this purpose, the best interests of the child shall be the paramount consideration. **Principle 3** The child shall be entitled from his birth to a name and a nationality. **Principle 4** The child shall enjoy the benefits of social security. He shall be entitled to grow and develop in health; to this end, special care and protection shall be provided both to him and to his mother, including adequate pre-natal and post-natal care. The child shall have the right to adequate nutrition, housing, recreation and medical services. **Principle 5** The child who is physically, mentally or socially handicapped shall be given the special treatment, education and care required by his particular condition. Principle 6 The child, for the full and harmonious development of his personality, needs love and understanding. He shall, wherever possible, grow up in the care and under the responsibility of his parents, and, in any case, in an atmosphere of affection and of moral and material security; a child of tender years shall not, save in exceptional circumstances, be separated from his mother. Society and the public authorities shall have the duty to extend particular care to children without a family and to those without adequate means of support. Payment of State and other assistance towards the maintenance of children of large families is desirable. **Principle 7** The child is entitled to receive education, which shall be free and compulsory, at least in the elementary stages. He shall be given an education which will promote his general culture and enable him, on a basis of equal opportunity, to develop his abilities, his individual judgement, and his sense of moral and social responsibility, and to become a useful member of society. The best interests of the child shall be the guiding principle of those responsible for his education and guidance; that responsibility lies in the first place with his parents. The child shall have full opportunity for play and recreation, which should be directed to the same purposes as education; society and the public authorities shall endeavor to promote the enjoyment of this right. **Principle 8** The child shall in all circumstances be among the first to receive protection and relief. **Principle 9** The child shall be protected against all forms of neglect, cruelty and exploitation. He shall not be the subject of traffic, in any form. The child shall not be admitted to employment before an appropriate minimum age; he shall in no case be caused or permitted to engage in any occupation or employment which would prejudice his health or education, or interfere with his physical, mental or moral development. **Principle 10** The child shall be protected from practices which may foster racial, religious and any other form of discrimination. He shall be brought up in a spirit of understanding, tolerance, friendship among peoples, peace and universal brotherhood, and in full consciousness that his energy and talents should be devoted to the service of his fellow men.

1986 – Seville Statement

- IT IS SCIENTIFICALLY INCORRECT to say that we have inherited a tendency to make war from our animal ancestors. Although fighting occurs widely throughout animal species, only a few cases of destructive intra-species fighting between organized groups have ever been reported among naturally living species, and none of these involve the use of tools designed to be weapons. Normal predatory feeding upon other species cannot be equated with intra-species violence. Warfare is a peculiarly human phenomenon and does not occur in other animals. IT IS SCIENTIFICALLY INCORRECT to say that war or any other violent behaviour is genetically programmed into our human nature. While genes are involved at all levels of nervous system function, they provide a developmental potential that can be actualized only in conjunction with the ecological and social environment. While individuals vary in their predispositions to be affected by their experience, it is the interaction between their genetic endowment and conditions of nurturance that determines their personalities. Except for rare pathologies, the genes do not produce individuals necessarily predisposed to violence. IT IS SCIENTIFICALLY INCORRECT to say that in the course of human evolution there has been a selection for aggressive behaviour more than for other kinds of behaviour. In all well-studied species, status within the group is achieved by the ability to co-operate and to fulfill social functions relevant to the structure of that group. 'Dominance' involves social bindings and affiliations; it is not simply a matter of the possession and use of superior physical power, although it does involve aggressive behaviours. Where genetic selection for aggressive behaviour has been artificially instituted in animals, it has rapidly succeeded in producing hyper-aggressive individuals; this indicates that aggression was not maximally selected under natural conditions. When such experimentally-created hyper-aggressive animals are present in a social group, they either disrupt its social structure or are driven out. Violence is neither in our evolutionary legacy nor in our genes. IT IS SCIENTIFICALLY INCORRECT to say that humans have a 'violent brain'. While we do have the neural apparatus to act violently, it is not automatically activated by internal or external stimuli. Like higher primates and unlike other animals, our higher neural processes filter such stimuli before they can be acted upon. How we act is shaped by how we have been conditioned and socialized. There is nothing in our neurophysiology that compels us to react violently. IT IS SCIENTIFICALLY INCORRECT to say that war is caused by 'instinct' or any single motivation. The emergence of modern warfare has been a journey from the primacy of emotional and motivational factors, sometimes called 'instincts', to the primacy of cognitive factors. Modern war involves institutional use of personal characteristics such as obedience, suggestibility, and idealism, social skills such as language, and rational considerations such as cost-calculation, planning, and information processing. The technology of modern war has exaggerated traits associated with violence both in the training of actual combatants and in the preparation of support for war in the general population. As a result of this exaggeration, such traits are often mistaken to be the causes rather than the consequences of the process. We conclude that biology does not condemn humanity to war, and that humanity can be freed from the bondage of biological pessimism and empowered with confidence to undertake the transformative tasks needed in this International Year of Peace and in the years to come. **Although these tasks are mainly institutional and collective, they also rest upon the consciousness of individual participants** for whom **pessimism and optimism are crucial factors ("affirmation? Or just power of belief/dialectic)**. **Just as 'wars begin in the minds of men', peace also begins in our minds. The same species who invented war is capable of inventing peace. The responsibility lies with each of us.**

1999 – Declaration on a Culture of Peace

- Recalling also the Constitution of the United Nations Educational, Scientific and Cultural Organization, which states that "since wars begin in the minds of men, it is in the minds of men that the defences of peace must be constructed", Recognizing that peace not only is the absence of conflict, but also requires a positive, dynamic participatory process where dialogue is encouraged and conflicts are solved in a spirit of mutual understanding and cooperation, Expressing deep concern about the persistence and proliferation of violence and conflict in various parts of the world, Article 1 A culture of peace is a set of values, attitudes, traditions and modes of behaviour and ways of life based on: (a) **Respect for life, ending of violence and promotion and practice of non-violence through education, dialogue and cooperation**; (b) Full respect for the principles of sovereignty, territorial integrity and political independence of States and non-intervention in matters which are essentially within the domestic jurisdiction of any State, in accordance with the Charter of the United Nations and international law; (c) Full respect for and promotion of all human rights and fundamental freedoms; (d) Commitment to peaceful settlement of conflicts; (e) Efforts to meet the developmental and environmental needs of present and future generations; (f) Respect for and promotion of the right to development; (g) Respect for and promotion of equal rights and opportunities for women and men; (h) Respect for and promotion of the right of everyone to freedom of expression, opinion and information; (i) Adherence to the principles of freedom, justice, democracy, tolerance, solidarity, cooperation, pluralism, cultural diversity, dialogue and understanding at all levels of society and among nations; and fostered by an enabling national and international environment conducive to peace. Article 3 The fuller development of a culture of peace is integrally linked to:(c) Promoting democracy, development and universal respect for and observance of all human rights and fundamental freedoms; (d) Enabling people at all levels to develop skills of dialogue, negotiation, consensus-building and peaceful resolution of differences; Eradicating poverty and illiteracy and reducing inequalities within and among nations; (g) **Promoting sustainable economic and social development; (h) E**liminating all forms of discrimination against women through their empowerment and equal representation at all levels of decision-making; (i) Ensuring respect for and promotion and protection of the rights of children;(j) Ensuring free flow of information at all levels and enhancing access thereto; (k) Increasing transparency and accountability in governance; (l) **Eliminating all forms of racism, racial discrimination, xenophobia [***.One who fears that which is unknown; one who fears people who are different from oneself, especially foreigners***criminals"] and related intolerance**. (n) Realizing fully the right of all peoples, including those living under colonial or other forms of alien domination or foreign occupation, to self-determination enshrined in the Charter of the United Nations and embodied in the International Covenants on Human Rights,2 Article 4 **Education at all levels is one of the principal means to build a culture of peace**. In this context, human rights education is of particular importance. Article 5 Governments have an essential role in promoting and strengthening a culture of peace. Article 6 Civil society needs to be fully engaged in fuller development of a culture of peace. Article 7 The educative and informative role of the media contributes to the promotion of a culture of peace. Article 8 A key role in the promotion of a culture of peace belongs to parents, teachers, politicians, journalists, religious bodies and groups, intellectuals, those engaged in scientific, philosophical and creative and artistic activities, health and humanitarian workers, social workers, managers at various levels as well as to non-governmental organizations.

2007 - The Universal Declaration on the Rights of Indigenous Peoples

Article 1 Indigenous peoples have the right to the full enjoyment, as a collective or as individuals, of all human rights and fundamental freedoms as recognized in the Charter of the United Nations, the Universal Declaration of Human Rights 4 and international human rights law. **Article 2** Indigenous peoples and individuals are free and equal to all other peoples and individuals and have the right to be free from any kind of discrimination, in the exercise of their rights, in particular that based on their indigenous origin or identity. _____ 3 A/CONF.157/24 (Part I), chap. III. 4 Resolution 217 A (III). A/RES/61/295 4 **Article 3** Indigenous peoples have the right to self-determination. By virtue of that right they freely determine their political status and freely pursue their economic, social and cultural development. **Article 4** Indigenous peoples, in exercising their right to self-determination, have the right to autonomy or self-government in matters relating to their internal and local affairs, as well as ways and means for financing their autonomous functions. **Article 5** Indigenous peoples have the right to maintain and strengthen their distinct political, legal, economic, social and cultural institutions, while retaining their right to participate fully, if they so choose, in the political, economic, social and cultural life of the State. **Article 6** Every indigenous individual has the right to a nationality. **Article 7** 1. Indigenous individuals have the rights to life, physical and mental integrity, liberty and security of person. 2. Indigenous peoples have the collective right to live in freedom, peace and security as distinct peoples and shall not be subjected to any act of genocide or any other act of violence, including forcibly removing children of the group to another group. **Article 8** 1. Indigenous peoples and individuals have the right not to be subjected to forced assimilation or destruction of their culture. 2. States shall provide effective mechanisms for prevention of, and redress for: (a) Any action which has the aim or effect of depriving A/RES/61/295 5 community or nation concerned. No discrimination of any kind may arise from the exercise of such a right. **Article 10** Indigenous peoples shall not be forcibly removed from their lands or territories. No relocation shall take place without the free, prior and informed consent of the indigenous peoples concerned and after agreement on just and fair compensation and, where possible, with the option of return. **Article 11** 1. Indigenous peoples have the right to practise and revitalize their cultural traditions and customs. This includes the right to maintain, protect and develop the past, present and future manifestations of their cultures, such as archaeological and historical sites, artefacts, designs, ceremonies, technologies and visual and performing arts and literature. 2. States shall provide redress through effective mechanisms, which may include restitution, developed in conjunction with indigenous peoples, with respect to their cultural, intellectual, religious and spiritual property taken without their free, prior and informed consent or in violation of their laws, traditions and customs. **Article 12** 1. Indigenous peoples have the right to manifest, practice, develop and teach their spiritual and religious traditions, customs and ceremonies; the right to maintain, protect, and have access in privacy to their religious and cultural sites; the right to the use and control of their ceremonial objects; and the right to the repatriation of their human remains. 2. States shall seek to enable the access and/or repatriation of ceremonial objects and human remains in their possession through fair, transparent and effective mechanisms developed in conjunction with indigenous peoples concerned. **Article 13** 1. Indigenous peoples have the right to revitalize, use, develop and transmit to future generations their histories, languages, oral traditions, philosophies, writing systems and literatures, and to designate and retain their own names for communities, places and persons. 2. States shall take effective measures to ensure that this right is protected and also to ensure that indigenous peoples can understand and be understood in political, legal and administrative proceedings, where necessary through the provision of interpretation or by other appropriate means. **Article 14** 1. Indigenous peoples have the right to establish and control their educational systems and institutions providing education in their own languages, in a manner appropriate to their cultural methods of teaching and learning. 2. Indigenous individuals, particularly children, have the right to all levels and forms of education of the State without discrimination. A/RES/61/295 6 3. States shall, in conjunction with indigenous peoples, take effective measures, in order for indigenous individuals, particularly children, including those living outside their communities, to have access, when possible, to an education in their own culture and provided in their own language. **Article 15** 1. Indigenous peoples have the right to the dignity and diversity of their cultures, traditions, histories and aspirations which shall be appropriately reflected in education and public information. 2. States shall take effective measures, in consultation and cooperation with the indigenous peoples concerned, to combat prejudice and eliminate discrimination and to promote tolerance, understanding and good relations among indigenous peoples and all other segments of society. **Article 16** 1. Indigenous peoples have the right to establish **their own media in t**heir own languages and to have access to all forms of non-indigenous media without discrimination. 2. States shall take effective measures to ensure that State-owned media duly reflect indigenous cultural diversity. States, without prejudice to ensuring full freedom of expression, should encourage privately owned media to adequately reflect indigenous cultural diversity. **Article 17** 1. Indigenous individuals and peoples have the right to enjoy fully all rights established under applicable international and domestic labour law. 2. States shall in consultation and cooperation with indigenous peoples take specific measures to protect indigenous children from economic exploitation and from performing any work that is likely to be hazardous or to interfere with the child's education, or to be harmful to the child's health or physical, mental, spiritual, moral or social development, taking into account their special vulnerability and the importance of education for their empowerment. 3. Indigenous individuals have the right not to be subjected to any

discriminatory conditions of labour and, inter alia, employment or salary. **Article 18** Indigenous peoples have the right to participate in decision-making in matters which would affect their rights, through representatives chosen by themselves in accordance with their own procedures, as well as to maintain and develop their own indigenous decision-making institutions. **Article 19** States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free, prior and informed consent before adopting and implementing legislative or administrative measures that may affect them. A/RES/61/295 7 **Article 20** 1. Indigenous peoples have the right to maintain and develop their political, economic and social systems or institutions, to be secure in the enjoyment of their own means of subsistence and development, and to engage freely in all their traditional and other economic activities. 2. Indigenous peoples deprived of their means of subsistence and development are entitled to just and fair redress. **Article 21** 1. Indigenous peoples have the right, without discrimination, to the improvement of their economic and social conditions, including, inter alia, in the areas of education, employment, vocational training and retraining, housing, sanitation, health and social security. 2. States shall take effective measures and, where appropriate, special measures to ensure continuing improvement of their economic and social conditions. Particular attention shall be paid to the rights and special needs of indigenous elders, women, youth, children and persons with disabilities. **Article 22** 1. Particular attention shall be paid to the rights and special needs of indigenous elders, women, youth, children and persons with disabilities in the implementation of this Declaration. 2. States shall take measures, in conjunction with indigenous peoples, to ensure that indigenous women and children enjoy the full protection and guarantees against all forms of violence and discrimination. **Article 23** Indigenous peoples have the right to determine and develop priorities and strategies for exercising their right to development. In particular, indigenous peoples have the right to be actively involved in developing and determining health, housing and other economic and social programmes affecting them and, as far as possible, to administer such programmes through their own institutions. **Article 24** 1. Indigenous peoples have the right to their traditional medicines and to maintain their health practices, including the conservation of their vital medicinal plants, animals and minerals. Indigenous individuals also have the right to access, without any discrimination, to all social and health services. 2. Indigenous individuals have an equal right to the enjoyment of the highest attainable standard of physical and mental health. States shall take the necessary steps with a view to achieving progressively the full realization of this right. **Article 25** Indigenous peoples have the right to maintain and strengthen their distinctive spiritual relationship with their traditionally owned or otherwise occupied and used lands, territories, waters and coastal seas and other resources and to uphold their responsibilities to future generations in this regard. A/RES/61/295 8 **Article 26** 1. Indigenous peoples have the right to the lands, territories and resources which they have traditionally owned, occupied or otherwise used or acquired. 2. Indigenous peoples have the right to own, use, develop and control the lands, territories and resources that they possess by reason of traditional ownership or other traditional occupation or use, as well as those which they have otherwise acquired. 3. States shall give legal recognition and protection to these lands, territories and resources. Such recognition shall be conducted with due respect to the customs, traditions and land tenure systems of the indigenous peoples concerned. **Article 27** States shall establish and implement, in conjunction with indigenous peoples concerned, a fair, independent, impartial, open and transparent process, giving due recognition to indigenous peoples' laws, traditions, customs and land tenure systems, to recognize and adjudicate the rights of indigenous peoples pertaining to their lands, territories and resources, including those which were traditionally owned or otherwise occupied or used. Indigenous peoples shall have the right to participate in this process. **Article 28** 1. Indigenous peoples have the right to redress, by means that can include restitution or, when this is not possible, just, fair and equitable compensation, for the lands, territories and **resources which they have traditionally owned or otherwise occupied or used, and which have been confiscated, taken, occupied, used or damaged *without their free, prior and informed consent***. 2. Unless otherwise freely agreed upon by the peoples concerned, compensation shall take the form of lands, territories and resources equal in quality, size and legal status or of monetary compensation or other appropriate redress. **Article 29** 1. Indigenous peoples have the right to the conservation and protection of the environment and the productive capacity of their lands or territories and resources. States shall establish and implement assistance programmes for indigenous peoples for such conservation and protection, without discrimination. 2. States shall take effective measures to ensure that no storage or disposal of hazardous materials shall take place in the lands or territories of indigenous peoples without their free, prior and informed consent. 3. States shall also take effective measures to ensure, as needed, that programmes for monitoring, maintaining and restoring the health of indigenous peoples, as developed and implemented by the peoples affected by such materials, are duly implemented. A/RES/61/295 9 **Article 30** 1. Military activities shall not take place in the lands or territories of indigenous peoples, unless justified by a relevant public interest or otherwise freely agreed with or requested by the indigenous peoples concerned. 2. States shall undertake effective consultations with the indigenous peoples concerned, through appropriate procedures and in particular through their representative institutions, prior to using their lands or territories for military activities. **Article 31** 1. Indigenous peoples have the right to maintain, control, protect and develop their cultural heritage, traditional knowledge and traditional cultural expressions, as well as the manifestations of their sciences, technologies and cultures, **including human and genetic resources,** seeds, medicines, knowledge of the properties of fauna and flora, oral traditions, literatures, designs, sports and traditional games and visual and performing arts. They also have the right to maintain, control, protect and develop their intellectual property over such cultural heritage, traditional knowledge, and traditional cultural expressions. 2. In conjunction with indigenous peoples, States shall take effective measures to recognize and protect the exercise of these rights. **Article 32** 1. Indigenous peoples have the right to determine and develop priorities and strategies for the development or use of their lands or territories and other resources. 2. States shall consult and cooperate in good faith with the indigenous peoples concerned through their own representative institutions in order to obtain their free and informed consent prior to the approval of any project affecting their lands or territories and other resources, particularly in connection with the development, utilization or exploitation of mineral, water or other resources. 3. States shall provide effective mechanisms for just and fair redress for any such activities, and appropriate measures shall be taken to mitigate adverse environmental, economic, social, cultural or spiritual impact. **Article 33** 1. Indigenous peoples have the right to determine their own identity or membership in accordance with their customs and traditions. This does not impair the right of indigenous individuals to obtain citizenship of the States in which they live. 2. Indigenous peoples have the right to determine the structures and to select the membership of their institutions in accordance with their own procedures. **Article 34** Indigenous peoples have the right to promote, develop and maintain their institutional structures and their distinctive customs, spirituality, traditions, procedures, practices and, in the cases where they exist, juridical systems or customs, in accordance with international human rights standards. A/RES/61/295 10 **Article 35** Indigenous peoples have the right to determine the responsibilities of individuals to their communities. **Article 36** 1. Indigenous peoples, in particular those divided by international borders, have the right to maintain and develop contacts, relations and cooperation, including activities for spiritual, cultural, political, economic and social purposes, with their own members as well as other peoples across borders. 2. States, in consultation and cooperation with indigenous peoples, shall take effective measures to facilitate the exercise and ensure the implementation of this right. **Article 37** 1. Indigenous peoples have the right to the recognition, observance and enforcement of treaties, agreements and other constructive arrangements concluded with States or their successors and to have States honour and respect such treaties, agreements and other constructive arrangements. 2. Nothing in this Declaration may be interpreted as diminishing or eliminating the rights of indigenous peoples contained in treaties, agreements and other constructive arrangements. **Article 38** States in consultation and cooperation with indigenous peoples, shall take the appropriate measures, including legislative measures, to achieve the ends of this Declaration. **Article 39** Indigenous peoples have the right to have access to financial and technical assistance from States and through international cooperation, for the enjoyment of the rights contained in this Declaration. **Article 40** Indigenous peoples have the right to access to and prompt decision through just and fair procedures for the resolution of conflicts and disputes with States or other parties, as well as to effective remedies for all infringements of their individual and collective rights. Such a decision shall give due consideration to the customs, traditions, rules and legal systems of the indigenous peoples concerned and international human rights. **Article 41** The organs and specialized agencies of the United Nations system and other intergovernmental organizations shall contribute to the full realization of the provisions of this Declaration through the mobilization, inter alia, of financial cooperation and technical assistance. Ways and means of ensuring participation of indigenous peoples on issues affecting them shall be established. A/RES/61/295 11 **Article 42** The United Nations, its bodies, including the Permanent Forum on Indigenous Issues, and specialized agencies, including at the country level, and States shall promote respect for and full application of the provisions of this Declaration and follow up the effectiveness of this Declaration. Article 43 The rights recognized herein constitute the minimum standards for the survival, dignity and well-being of the indigenous peoples of the world. **Article 44** All the rights and freedoms recognized herein are equally guaranteed to male and female indigenous individuals. **Article 45** Nothing in this Declaration may be construed as diminishing or extinguishing the rights indigenous peoples have now or may acquire in the future. **Article 46** 1. Nothing in this Declaration may be interpreted as implying for any State, people, group or person any right to engage in any activity or to perform any act contrary to the Charter of the United Nations or construed as authorizing or encouraging any action which would dismember or impair, totally or in part, the territorial integrity or political unity of sovereign and independent States. 2. In the exercise of the rights enunciated in the present Declaration, human rights and fundamental freedoms of all shall be respected. The exercise of the rights set forth in this Declaration shall be subject only to such limitations as are determined by law and in accordance with international human rights obligations. Any such limitations shall be non-discriminatory and strictly necessary solely for the purpose of securing due recognition and respect for the rights and freedoms of others and for meeting the just and most compelling requirements of a democratic society. 3. The provisions set forth in this Declaration shall be interpreted in accordance with the principles of justice, democracy, respect for human rights, equality, non-discrimination, good governance and good faith.

2008 – children's outdoor bill of rights

The Children's Outdoor Bill of Rights states that children in Baltimore have the right to: Breathe fresh air. Splash in clean streams, ponds, rivers and the Chesapeake Bay. Explore safe and inviting forests and wild spaces.

2010 - The Universal Declaration on the Rights of Mother Earth

Article 1. Mother Earth (1) Mother Earth is a living being. (2) Mother Earth is a unique, indivisible, self-regulating community of interrelated beings that sustains, contains and reproduces all beings. (3) Each being is defined by its relationships as an integral part of Mother Earth. (4) The inherent rights of Mother Earth are inalienable in that they arise from the same source as existence. (5) Mother Earth and all beings are entitled to all the inherent rights recognized in this Declaration without distinction of any kind, such as may be made between organic and inorganic beings, species, origin, use to human beings, or any other status. (6) Just as human beings have human rights, all other beings also have rights which are specific to their species or kind and appropriate for their role and function within the communities within which they exist. (7) The rights of each being are limited by the rights of other beings and any conflict between their rights must be resolved in a way that maintains the integrity, balance and health of Mother Earth. **Article 2. Inherent Rights of Mother Earth** (1) Mother Earth and all beings of which she is composed have the following inherent rights: (a) the right to life and to exist; (b) the right to be respected; (c) the right to regenerate its bio-capacity and to continue its vital cycles and processes free from human disruptions; (d) the right to maintain its identity and integrity as a distinct, self-regulating and interrelated being; (e) the right to water as a source of life; (f) the right to clean air; (g) the right to integral health; (h) the right to be free from contamination, pollution and toxic or radioactive waste; (i) the right to not have its genetic structure modified or disrupted in a manner that threatens its integrity or vital and healthy functioning; (j) the right to full and prompt restoration for violation of the rights recognized in this Declaration caused by human activities; (2) Each being has the right to a place and to play its role in Mother Earth for her harmonious functioning. (3) Every being has the right to wellbeing and to live free from torture or cruel treatment by human beings. **Article 3. Obligations of human beings to Mother Earth** (1) Every human being is responsible for respecting and living in harmony with Mother Earth. (2) Human beings, all States, and all public and private institutions must: (a) act in accordance with the rights and obligations recognized in this Declaration; (b) recognize and promote the full implementation and enforcement of the rights and obligations recognized in this Declaration; (c) promote and participate in learning, analysis, interpretation and communication about how to live in harmony with Mother Earth in accordance with this Declaration; (d) ensure that the pursuit of human wellbeing contributes to the wellbeing of Mother Earth, now and in the future; (e) establish and apply effective norms and laws for the defence, protection and conservation of the rights of Mother Earth; (f) respect, protect, conserve and where necessary, restore the integrity, of the vital ecological cycles, processes and balances of Mother Earth; (g) guarantee that the damages caused by human violations of the inherent rights recognized in this Declaration are rectified and that those responsible are held accountable for restoring the integrity and health of Mother Earth; (h) empower human beings and institutions to defend the rights of Mother Earth and of all beings; (i)establish precautionary and restrictive measures to prevent human activities from causing species extinction, the destruction of ecosystems or the disruption of ecological cycles; (j)guarantee peace and eliminate nuclear, chemical and biological weapons; (k) promote and support practices of respect for Mother Earth and all beings, in accordance with their own cultures, traditions and customs; (l)promote economic systems that are in harmony with Mother Earth and in accordance with the rights recognized in this Declaration. **Article 4. Definitions** (1) The term "being" includes ecosystems, natural communities, species and all other natural entities which exist as part of Mother Earth. (2) Nothing in this Declaration restricts the recognition of other inherent rights of all beings or specified beings.

2016 Conscious Business Declaration

As a global community of business leaders we are committed to developing the awareness and skills needed to consciously evolve our organizations in alignment with these principles:

We Are One with humanity and all of life. Business and all institutions of the human community are integral parts of a single reality — interrelated, interconnected and interdependent. In line with this reality, the purpose of Business is to increase economic prosperity while contributing to a healthy environment and improving human wellbeing.

Business must go beyond sustainability and the philosophy of "do no harm" to restoring the self-renewing integrity of the Earth. Business must operate with economic, social, and ecological transparency. Business must behave as a positive and proactive member of the local and global communities in which it operates. Business that sees, honors, and celebrates the essential interconnected nature of all human beings and all life maximizes human potential and helps create a world that works for all. When aligned with Oneness, Business is the most powerful engine on Earth for creating prosperity and flourishing for all.

I - XII : Independence, Constitution & Amendments, APA, Universal, Civil Protections, the Child, Seville, DWDA, Peace, Indigenous, Outdoor, Mother Earth, Conscious Business, Informed Consent

I. 1776 - The U.S. Declaration of Independence

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.--That to secure these rights, Governments are instituted among Men, **deriving their just powers from the consent** of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.

Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed.

But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security.

II. 1787-89 - Constitution & The U.S. Bill of Rights

Article I, Section 8, Clause 8, also known as the Intellectual Property Clause. This clause grants Congress the power: "To promote the Progress of Science and useful Arts, by **securing for limited Times to Authors and Inventors the exclusive Right** to their respective Writings and Discoveries."

1. Amendment 1 - Freedom of Religion, Speech, and the Press

Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof, or abridging the freedom of speech or of the press, or the right of the people peaceably to assemble and to petition the government for a redress of grievances.

Amendment 2 - The Right to Bear Arms

A well-regulated militia being necessary to the security of a free State, the right of the people to keep and bear arms shall not be infringed.

Amendment 3 - The Housing of Soldiers

No soldier shall, in time of peace, be quartered in any house without the consent of the owner, nor in time of war but in a manner to be prescribed by law.

Amendment 4 - Protection from Unreasonable Searches and Seizures

The right of the people to be secure in their persons, houses, papers, and effects against unreasonable searches and seizures shall not be violated, and no warrants shall issue but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched and the persons or things to be seized.

Amendment 5 - Protection of Rights to Life, Liberty, and Property

No person shall be held to answer for a capital or otherwise infamous crime unless on a presentment or indictment of a grand jury, except in cases arising in the land or naval forces, or in the militia, when in actual service in time of war or public danger; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property without due process of law; nor shall private property be taken for public use without just compensation.

Amendment 6 - Rights of Accused Persons in Criminal Cases

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial by an impartial jury of the state and di... of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor; and to have the assistance of counsel for his defense.

Amendment 7 - Rights in Civil Cases

In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury shall be otherwise reexamined in any court of the United States than according to the rules of the common law.

Amendment 8 - Excessive Bail, Fines, and Punishments Forbidden

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

Amendment 9 - Other Rights Kept by the People

The enumeration in the Constitution of certain rights shall not be construed to deny or disparage others retained by the people.

Amendment 10 - Undelegated Powers Kept by the States and the People

The powers not delegated to the United States by the Constitution, nor prohibited by it to the states, are reserved to the states respectively, or to the people.

III. 1946 - Administrative Procedures Act

The term "promulgation of rules" under the Administrative Procedure Act (APA) first came into effect with the passage and signing of the APA on June 11, 1946.

The APA established a framework for how federal agencies develop and issue regulations, including the process of rulemaking, also known as promulgation. This process typically involves publishing proposed rules for public comment and then publishing the final rules in the Federal Register.

Prior to the APA, there was no uniform framework governing these procedures for federal agencies. The growth of administrative agencies and their regulatory powers led to concerns about the potential for unchecked authority, driving the need for legislation like the APA.

183.335 Notice; content; public comment; temporary rule adoption, amendment or suspension; substantial compliance required.

subsection (1)(c) of this section, the agency shall provide a copy of the rule that the agency proposes to adopt, amend or repeal, or an explanation of how the person may acquire a copy of the rule. The copy of an amended rule shall show all changes to the rule by striking through material to be deleted and underlining all new material, or by any other method that clearly shows all new and deleted material.

(3)(a) When an agency proposes to adopt, amend or repeal a rule, it shall give interested persons **reasonable opportunity to submit data or views**. Opportunity for oral hearing shall be granted upon request received from 10 persons or from an association having not less than 10 members before the earliest date that the rule could become effective after the giving of notice pursuant to subsection (1) of this section. An agency holding a hearing upon a request made under this subsection shall give notice of the hearing at least 21 days before the hearing to the person who has requested the hearing, to persons who have requested notice pursuant to subsection (8) of this section and to the persons specified in subsection (15) of this section. The agency shall publish notice of the hearing in the bulletin referred to in ORS 183.360 at least 14 days before the hearing. The agency shall consider fully any written or oral submission.

(b) If an agency is required to conduct an oral hearing under paragraph (a) of this subsection, and the rule for which the hearing is to be conducted applies only to a limited geographical area within this state, or affects only a limited geographical area within this state, the hearing shall be conducted within the geographical area at the place most convenient for the majority of the residents within the geographical area. At least 14 days before a hearing conducted under this paragraph, the agency shall publish notice of the hearing in the bulletin referred to in ORS 183.360 and in a newspaper of general circulation published within the geographical area that is affected by the rule or to which the rule applies. **If a newspaper of general circulation is not published within the geographical area that is affected by the rule or to which the rule applies, the publication shall be made in the newspaper of general circulation published closest to the geographical area.**

IV. 1948 - The Universal Declaration of Human Rights

Article 1. All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2. Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind...

Article 3. Everyone has the right to life, liberty and security of person.

Article 4. No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Article 5. No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Article 6. Everyone has the right to recognition everywhere as a person before the law.

Article 7. All are equal before the law and are entitled without any discrimination to equal protection of the law...

Article 8. Everyone has the right to an effective remedy by the competent national tribunals...

Article 9. No one shall be subjected to arbitrary arrest, detention or exile.

Article 10. Everyone is entitled in full equality to a fair and public hearing...

Article 11. (1) Everyone charged with a penal offence has the right to be presumed innocent... (2) No one shall be held guilty of any penal offence...

Article 12. No one shall be subjected to arbitrary interference with his privacy...

***Article 13. (1) Everyone has the right to freedom of movement... (2) Everyone has the right to leave any country...**

Article 14. (1) Everyone has the right to seek and to enjoy in other countries asylum from persecution... (2) This right may not be invoked...

Article 15. (1) Everyone has the right to a nationality. (2) No one shall be arbitrarily deprived...

Article 16. (1) Men and women of full age... (2) Marriage shall be entered into only with the free and full consent... (3) The family is the natural and fundamental group unit...

Article 17. (1) Everyone has the right to own property... (2) No one shall be arbitrarily deprived...

Article 18. Everyone has the right to freedom of thought, conscience and religion...

Article 19. Everyone has the right to freedom of opinion and expression...

Article 20. (1) Everyone has the right to freedom of peaceful assembly... (2) No one may be compelled...

Article 21. (1) Everyone has the right to take part in the government... (2) Everyone has the right of equal access... (3) The will of the people shall be the basis...

Article 22. Everyone, as a member of society, has the right to social security...

Article 23. (1) Everyone has the right to work... (2) Everyone, without any discrimination... (3) Everyone who works has the right to just and favorable remuneration... (4) Everyone has the right to form and to join trade unions...

Article 24. Everyone has the right to rest and leisure...

Article 25. (1) Everyone has the right to a standard of living adequate for health and well-being... (2) Motherhood and childhood are entitled to special care...

Article 26. (1) Everyone has the right to education... (2) **Education shall be directed to the full development**... (3) Parents have a prior right...

Article 27. (1) Everyone has the right freely to participate in the cultural life... Everyone has the right to the protection of the moral and material interests...

Article 28. Everyone is entitled to a social and international order...

Article 29. (1) Everyone has duties to the community... (2) In the exercise of his rights and freedoms... These rights and freedoms may in no case be exercised...

Article 30. Nothing in this Declaration may be interpreted...

V. 1959-1963 - Civil Protections, Shelters from War and Natural disaster - [Swiss citizens voted to include civil protection into the Federal Constitution, requiring the safeguarding of the population against war and disaster. Legal Requirement: A 1963 law mandated that every new residential building must include a nuclear bunker, or developers must pay for a space in a public shelter.]

Federal Law 520.1 on Civil Protection System and Protection & Support Service

Title 2: Civil Protection System
Chapter 1: Cooperation within the civil protection system
Article 2 Purpose
The purpose of the civil protection system is to protect the population and its vital resources in the event of disasters, emergencies, or armed conflicts, and to contribute to bringing these events under control and limiting the damage they may cause.

Article 3 Partner organisations; The civil protection partner organisations are: a. the police, for the maintenance of public security and order; b. the fire service, for the rescue and general damage protection; c. the health care services (including first aid services), for the provision of medical care to the population; d. the technical services, to ensure that the technical infrastructure, in particular

electricity, water and gas supplies, waste disposal, as well as transport and IT systems, are operational; e. **the protection & support service**, for the provision of the protection of the population and care for persons in need of protection, of **protection of cultural property, of support to the units and the other partner organisations, as well as of repair and rehabilitation work** and for the performance of other tasks to benefit the community.

VI. 1959–1989 - The Universal Declaration of the Rights of the Child

Principle 1 The child shall enjoy all the rights set forth in this Declaration...

Principle 2 The child shall enjoy special protection, and shall be given opportunities and facilities...

Principle 3 The child shall be entitled from his birth to a name and a nationality.

Principle 4 The child shall enjoy the benefits of social security...

Principle 5 The child who is physically, mentally or socially handicapped...

Principle 6 The child, **for the full and harmonious development of his personality**, needs love and understanding...

Principle 7 The child is entitled to receive education...

Principle 8 The child shall in all circumstances be among the first to receive protection and relief.

Principle 9 The child shall be protected against all forms of neglect, cruelty and exploitation...

Principle 10 The child shall be **protected from** practices which may foster racial, religious and any other form of **discrimination**...

VII. 1986 – Seville Statement

IT IS SCIENTIFICALLY INCORRECT to say that we have inherited a tendency to make war from our animal ancestors...

IT IS SCIENTIFICALLY INCORRECT to say that war or any other violent behaviour is genetically programmed into our human nature...

IT IS SCIENTIFICALLY INCORRECT to say that in the course of human evolution there has been a selection for aggressive behaviour...

IT IS SCIENTIFICALLY INCORRECT to say that humans have a 'violent brain'...

IT IS SCIENTIFICALLY INCORRECT to say that war is caused by 'instinct' or any single motivation...

We conclude that biology does not condemn humanity to war...

Just as 'wars begin in the minds of men', peace also begins in our minds...

VIII. 1994-1997 - Death With Dignity Act

(Written Request for Medication to End One's Life in a Humane and Dignified Manner) (Section 2) 127.805 §2.01. Who may initiate a written request for medication. (1) An adult who is capable and has been determined by the attending physician and consulting physician to be suffering from a terminal disease, and who has voluntarily expressed his or her wish to die, may make a written request for medication for the purpose of ending his or her life in a humane and dignified manner in accordance with ORS 127.800 to 127.897. (2) No person shall qualify under the provisions of ORS 127.800 to 127.897 solely because of age or disability. [1995 c.3 §2.01; 1999 c.423 §2] 127.810 §2.02. Form of the written request. (1) A valid request for medication under ORS 127.800 to 127.897 shall be in substantially the form described in ORS 127.897, signed and dated by the patient and witnessed by at least two individuals who, in the presence of the patient, attest that to the best of their knowledge and belief the patient is capable, acting voluntarily, and is not being coerced to sign the request. (2) One of the witnesses shall be a person who is not:(a) A relative of the patient by blood, marriage or adoption;(b) A person who at the time the request is signed would be entitled to any portion of the estate of the qualified patient upon death under any will or by operation of law; or (c) An owner, operator or employee of a health care facility where the qualified patient is receiving medical treatment or is a resident. (3) The patient's attending physician at the time the request is signed shall not be a witness. (4) If the patient is a patient in a long term care facility at the time the written request is made, one of the witnesses shall be an individual designated by the facility and having the qualifications specified by the Oregon Health Authority by rule. [1995 c.3 §2.02] (Safeguards)(Section 3) 127.815 §3.01.Attending physician responsibilities.(1) The attending physician shall:(a) Make the initial determination of whether a patient has a terminal disease, is capable, and has made the request voluntarily;(b) To ensure that the patient is making an informed decision, inform the patient of:(A) His or her medical diagnosis;(B) His or her prognosis;(C) The potential risks associated with taking the medication to be prescribed;(D) The probable result of taking the medication to be prescribed; and. **(E) The feasible * alternatives, including, but not limited to, comfort care, hospice care and pain control;** (c) Refer the patient to a consulting physician for medical confirmation of the diagnosis, and for a determination that the patient is capable and acting voluntarily;(d) Refer the patient for counseling if appropriate pursuant to ORS 127.825;(e) Recommend that the patient notify next of kin;(f) Counsel the patient about the importance of having another person present when the patient takes the medication prescribed pursuant to ORS 127.800 to 127.897 and of not taking the medication in a public place;(g) Inform the patient that he or she has an opportunity to rescind the request at any time and in any manner, and offer the patient an opportunity to rescind at the time the patient makes the patient's second oral request pursuant to ORS 127.840;

VIII. 1999 – Declaration on a Culture of Peace

Recalling also the Constitution of the United Nations Educational, Scientific and Cultural Organization...Recognizing that peace not only is the absence of conflict... Expressing deep concern about the persistence and proliferation of violence...

Article 1 A culture of peace is a set of values, attitudes, traditions and modes of behaviour...

Article 3 The fuller development of a culture of peace is integrally linked to...

Article 4 Education at all levels is one of the principal means to build a culture of peace...

Article 5 Governments have an essential role in promoting and strengthening a culture of peace.

Article 6 Civil society needs to be fully engaged...

Article 7 The educative and informative role of the media...

Article 8 A key role in the promotion of a culture of peace belongs to parents, teachers, politicians...

IX. 2007 - The Universal Declaration on the Rights of Indigenous Peoples

Article 1 Indigenous peoples have the right to the full enjoyment...

Article 2 Indigenous peoples and individuals are free and equal...

Article 3 Indigenous peoples have the right to self-determination...

Article 4 Indigenous peoples... have the right to autonomy or self-government...

Article 5 Indigenous peoples have the right to maintain and strengthen...

Article 6 Every indigenous individual has the right to a nationality.

Article 7 1. Indigenous individuals have the rights to life... 2. Indigenous peoples have the collective right to live in freedom...

Article 8 1. Indigenous peoples and individuals have the right not to be subjected to forced assimilation... 2. States shall provide effective mechanisms...

Article 10 Indigenous peoples shall not be forcibly removed from their lands...

Article 11 1. Indigenous peoples have the right to practise and revitalize their cultural traditions... 2. States shall provide redress...

Article 12 1. Indigenous peoples have the right to manifest, practice, develop and teach their spiritual and religious traditions... 2. States shall seek to enable the access and/or repatriation...

Article 13 1. Indigenous peoples have the right to revitalize, use, develop and transmit to future generations... 2. States shall take effective measures...

Article 14 1. Indigenous peoples have the right to establish and control their educational systems... 2. Indigenous individuals... have the right to all levels and forms of education... 3. States shall... take effective measures...

Article 15 1. Indigenous peoples have the right to the dignity and diversity of their cultures... 2. States shall take effective measures...

Article 16 1. Indigenous peoples have the right to establish their own media... 2. States shall take effective measures...

Article 17 1. Indigenous individuals and peoples have the right to enjoy fully all rights... 2. States shall... take specific measures to protect indigenous children... 3. Indigenous individuals have the right not to be subjected to any discriminatory conditions...

Article 18 Indigenous peoples have the right to participate in decision-making...

Article 19 States shall consult and cooperate in good faith...

Article 20 1. Indigenous peoples have the right to maintain and develop their political, economic and social systems... 2. Indigenous peoples deprived of their means... are entitled to just and fair redress.

Article 21 1. Indigenous peoples have the right, without discrimination, to the improvement of their economic and social conditions... 2. States shall take effective measures...

Article 22 1. Particular attention shall be paid to the rights and special needs... 2. States shall take measures...

Article 23 Indigenous peoples have the right to determine and develop priorities and strategies...

Article 24 1. **Indigenous peoples have the right to their traditional medicines...** 2. Indigenous individuals have an equal right...

Article 25 Indigenous peoples have the right to maintain and strengthen their distinctive spiritual relationship...

Article 26 1. Indigenous peoples have the right to the lands, territories and resources... 2. Indigenous peoples have the right to own, use, develop and control... 3. States shall give legal recognition...

Article 27 States shall establish and implement... a fair, independent, impartial, open and transparent process...

Article 28 1. Indigenous peoples have the right to redress... 2. Unless otherwise freely agreed...

Article 29 1. **Indigenous peoples have the right to the conservation and protection of the environment**... 2. States shall take effective measures... 3. States shall also take effective measures...

Article 30 1. Military activities shall not take place... 2. States shall undertake effective consultations...

Article 31 1. **Indigenous peoples have the right to maintain, control, protect and develop their cultural heritage**... 2. In conjunction with indigenous peoples, States shall take effective measures...

Article 32 1. Indigenous peoples have the right to determine and develop priorities and strategies... 2. States shall consult and cooperate in good faith... 3. States shall provide effective mechanisms...

Article 33 1. **Indigenous peoples have the right to determine their own identity**... 2. Indigenous peoples have the right to determine the structures...

Article 34 Indigenous peoples have the right to promote, develop and maintain their institutional structures...

Article 35 Indigenous peoples have **the right to determine the responsibilities of individuals...**

Article 36 1. Indigenous peoples... have the right to maintain and develop contacts... 2. States... shall take effective measures...

Article 37 1. Indigenous peoples have the right to the recognition, observance and enforcement of treaties... 2. Nothing in this Declaration may be interpreted...

Article 38 States... shall take the appropriate measures...

Article 39 Indigenous peoples have the right to have access to financial and technical assistance...

Article 40 Indigenous peoples have the right to access to and prompt decision...

Article 41 The organs and specialized agencies of the United Nations system...

Article 42 The United Nations... and States shall promote respect...

Article 43 The rights recognized herein constitute the minimum standards...

Article 44 All the rights and freedoms recognized herein are equally guaranteed...

Article 45 Nothing in this Declaration may be construed...

Article 46 1. Nothing in this Declaration may be interpreted... 2. In the exercise of the rights... 3. The provisions set forth in this Declaration...

X. 2008 – Children's Outdoor Bill of Rights

The Children's Outdoor Bill of Rights states that children have the right to:

Breathe fresh air.

Splash in clean streams, ponds, rivers and the Bay.

Explore safe and inviting forests and wild spaces.

XI. 2010 - The Universal Declaration on the Rights of Mother Earth

Article 1. Mother Earth (1) Mother Earth is a living being. (2) Mother Earth is a unique, indivisible, self-regulating community... (3) Each being is defined by its relationships... (4) The inherent rights of Mother Earth are inalienable... (5) Mother Earth and all beings are entitled... (6) Just as human beings have human rights... (7) The rights of each being are limited...

Article 2. Inherent Rights of Mother Earth (1) Mother Earth and all beings... (a) the right to life and to exist; (b) the right to be respected; (c) the right to regenerate its bio-capacity... (d) the right to maintain its **identity**... (e) the right to **water**... (f) the right to clean **air**; (g) the right to integral **health**; (h) the right to be free from **contamination**... (i) the right to not have its **genetic structure modified**... (j) the right to full and prompt restoration... (2) Each being has the right to a place... (3) Every being has the right to wellbeing...

Article 3. Obligations of human beings to Mother Earth (1) **Every human being is responsible**... (2) Human beings, all States, and all public and private institutions must: (a) act in accordance with the rights... (b) recognize and promote... (c) promote and participate in learning... (d) ensure that the pursuit of human wellbeing... (e) establish and apply effective norms... (f) respect, protect, conserve... (g) guarantee that the damages caused... (h) empower human beings and institutions... (i) establish precautionary and restrictive measures... (j) guarantee peace and eliminate nuclear... (k) promote and support practices... (l) promote economic systems...

XII. 2016 – Conscious Business Declaration

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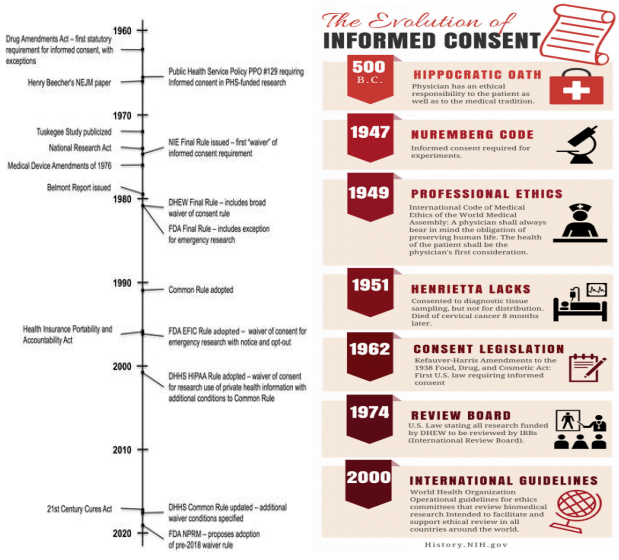
XIII. 500BC - 2025 - Voluntary and Informed Explicit Consent "First, Do no Harm"



Cognitive Speeds (psycho and create spiritual (moral stages?) and sociological "equations, Stats, similar to those of the Biological variety\\ :
Average WPM: 40wpm(typing) 300wpm(reading) (characters to bits, origins of information theory values)
60min/hr*12hr/day = 28800 words per 1/2day typing or 216,000 words per ½ day reading
250-300 words per page
Under 7500 is short story
17500-39999 is a novella
40,000 words is the average novel
100,000 thriller and epic fantasies
Longest published novel at 2.5 million words "Marienbad my love, by Mark Eleach"
Harry Potter Series: 1,084,170
Lord of the rings: 455,125

Life Watch

1. **Response* to stimuli**: a response can take many forms, from the contraction of a unicellular organism to external chemicals, to complex reactions involving all the senses of multicellular organisms. A response is often expressed by motion; for example, the leaves of a plant turning toward the sun (phototropism), and chemotaxis.
    1. Bodies, action, reaction
    2. For every force there it's an equal and opposite
2. **Signaling / communication** is part of any communication process that governs basic activities of cells and coordinates all cell actions. The ability of cells to perceive and correctly respond to their microenvironment
- **Errors in signaling** interactions and cellular information processing are responsible for diseases such as cancer, autoimmunity, and diabetes.[1][2][3] By understanding cell signaling, diseases may be treated more effectively and, theoretically, artificial tissues may be created.[4]
    1. cellular: see 6.b.v.

4. **Adaptation**: the ability to change over time in response to the environment. This ability is fundamental to the process of evolution and is determined by the organism's heredity, diet, and external factors.
. See: learned optimism and industriousness, growth under adversity, as will add effects of trauma and the struggle to find a meaningful explanation and will to breathe.
5. **Homeostasis**: regulation of the internal environment to maintain a constant state; for example, sweating to reduce temperature
. There are **four primary vital signs** which are standard in most medical settings:

- The equipment needed is a thermometer, a sphygmomanometer, and a watch. Though a pulse can be taken by hand, a stethoscope may be required for a patient with a very weak pulse.
    1. Body temperature
- Temperature can be recorded in order to establish a baseline for the individual's normal body temperature for the site and measuring conditions. **The main reason for checking body temperature is to solicit any signs of systemic infection or inflammation in the presence of a fever (temp > 38.5 °C/101.3 °F or sustained temp > 38 °C/10.4 °F**), or elevated significantly above the individual's normal temperature.
- See: 4. b.i

ii. Heart rate or Pulse

The pulse varies with age: a newborn or infant can have a heart rate of 130–150 bpm, a toddler of 100–120 bpm, an older child of 60–100 bpm, an adolescent of 80–100 bpm, and an adult of 50–80 bpm.

iii. Respiratory rate

Varies with age, but the normal reference range for an adult is 16–20 breaths per minute.[9] the lungs contain the functional residual capacity (FRC) of air, which, in the adult human, has a volume of about 2.5–3.0 litres.[47]

- 16x2=32 liter per min / 60 sec = 0.53333 litre per sec *1.2g/l = 0.64g/ sec × 1/1000 = 0.00064kg or Newton's
- 20×3=60 lpm / " = 1 lps *"=1.2g / sec × " = 0.0012N aka 12×10^-4
- Standard atmospheric pressure = 100Kpa, 1bar or 10^5pa, or 100N
- With that as the variable range of 2-3l per b **at 16bpm**
    - .533 l /sec × 100kpa = 53.3 kpa
    - 1.2kg/m^3 = 1.2kpa… = 1.2N × .533 =
    - " × 1 = 1.2kg/kpa or **1.2N / m^3**
- **@ 38.6 bpm** (fear) × 3 l per b = 115.8 lpm or 1.93lps × 1.2N (SAP) = **2.316N / kpa**

The density of air at sea level is about **1.2 kg/m3 (1.2 g/L, 0.0012 g/cm3**). Density is not measured directly but is calculated from measurements of temperature, pressure and humidity using the equation of state for air (a form of the ideal gas law). Atmospheric density decreases as the altitude increases. This variation can be approximately modeled using the barometric formula
The average mass of the atmosphere is about 5 quadrillion (5×1015) tonnes or 1/1,200,000 the mass of Earth. According to the American National Center for Atmospheric Research, "The total mean mass of the atmosphere is 5.1480×1018 kg with an annual range due to water vapor of 1.2 or 1.5×1015 kg,
Composition

- Inhaled air is by volume 78.08% nitrogen, 20.95% oxygen and small amounts include argon, carbon dioxide, neon, helium, and hydrogen.[16
- The gas exhaled is 4% to 5% by volume of carbon dioxide, about a 100 fold increase over the inhaled amount. The volume of oxygen is reduced by a small amount, 4% to 5%, compared to the oxygen inhaled. The typical composition is:[17]
- 5.0–6.3% water vapor
- 74.4% nitrogen
- 13.6–16.0% oxygen
- 4.0–5.3% carbon dioxide
- 1% argon and several parts per million (ppm) of hydrogen and carbon monoxide, 1 ppm of ammonia and less than 1 ppm of acetone, methanol, ethanol and other volatile organic compounds.

Control

- **The rate and depth of breathing is *automatically* controlled by the respiratory centers that receive information from the peripheral and central chemoreceptors. These chemoreceptors continuously monitor the partial pressures of carbon dioxide and oxygen in the arterial blood. The sensors are, firstly, the central chemoreceptors on the surface of the medulla oblongata of the brain stem which are particularly sensitive to pH as well as the partial pressure of carbon dioxide in the blood and cerebrospinal fluid.[7] The second group of sensors measure the partial pressure of oxygen in the arterial blood. Together the latter are known as the peripheral chemoreceptors which are situated in the aortic and carotid bodies.[7] Information from all of these chemoreceptors is conveyed to the respiratory centers in the pons and medulla oblongata, which responds to deviations in the partial pressures of carbon dioxide and oxygen in the arterial blood from normal by adjusting the rate and depth of breathing, in such a way as to restore partial pressure of carbon dioxide back to 5.3 kPa (40 mm Hg), the pH to 7.4 and, to a lesser extent, the partial pressure of oxygen to 13 kPa (100 mm Hg).[7**

Breathing at Altitude

- Atmospheric pressure decreases with the height above sea level (altitude) and since the alveoli are open to the outside air through the open airways, the pressure in the lungs also decreases at the same rate with altitude. At altitude, a pressure differential is still required to drive air into and out of the lungs as it is at sea level. The mechanism for breathing at altitude is essentially identical to breathing at sea level but with the following differences:
- The atmospheric pressure decreases exponentially with altitude, roughly halving with every 5,500 metres (18,000 ft) rise in altitude.[19] The composition of atmospheric air is, however, almost constant below 80 km, as a result of the continuous mixing effect of the weather.[20] The concentration of oxygen in the air (mmols O2 per liter of air) therefore decreases at the same rate as the atmospheric pressure.[20] **At sea level, where the ambient pressure is about 100 kPa, oxygen contributes 21% of the atmosphere and the partial pressure of oxygen (PO2) is 21 kPa (i.e. 21% of 100 kPa). At the summit of Mount Everest, 8,848 metres (29,029 ft), where the total atmospheric pressure is 33.7 kPa, oxygen still contributes 21% of the atmosphere but its partial pressure is only 7.1 kPa (i.e. 21% of 33.7 kPa = 7.1 kPa).**[20] Therefore, a greater volume of air must be inhaled at altitude than at sea level in order to breath in the same amount of oxygen in a given period.
- The pressure gradient forcing air into the lungs during inhalation is also reduced by altitude. Doubling the volume of the lungs halves the pressure in the lungs at any altitude. Halving the sea level air pressure (100 kPa) results in a pressure gradient of 50 kPa but doing the same at 5500 m, where the atmospheric pressure is 50 kPa, a doubling of the volume of the lungs results in a pressure gradient of only 25 kPa. In practice, because **we breathe in a gentle, cyclical manner that generates pressure gradients of only 2–3 kPa**, this has little effect on the actual rate of inflow into the lungs and is easily compensated for by breathing slightly deeper.[22][23]
- See : 6.b.(arterial blood gas ratio/ ph / blood pressure

iv. Blood pressure

- elevated blood pressure (hypertension) is variously defined when the systolic number is persistently over 140–160 mmHg. Low blood pressure is hypotension.

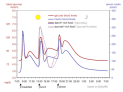
b. Controls of [human] variables

1. **Core temperature** / Thermoregulation is the ability of an organism to keep its body temperature within certain boundaries, even when the surrounding temperature is very different

- **The normal human body temperature range** is typically stated as **36.5–37.5 °C (97.7–99.5 °F)**.[8]
- **Natural rhythms :** Body temperature normally fluctuates over the day following Circadian rhythms, with the lowest levels around 4 a.m. and the highest in the late afternoon, between 4:00 and 6:00 p.m. (assuming the person sleeps at night and stays awake during the day).[10]

ii. Blood glucose

- The blood sugar level, blood sugar concentration, or blood glucose level is the amount of glucose present in the blood of humans and other animals. Glucose is a simple sugar and approximately 4 grams of glucose are present in the blood of a 70-kilogram (150 lb) human at all times.[2]
- The body's homeostatic mechanism of blood sugar regulation (known as glucose homeostasis), when operating normally, restores the blood sugar level to a narrow range of about **4.4 to 6.1 mmol/L (79 to 110 mg/dL**) (as measured by a fasting blood glucose test).[6]
- The body tightly regulates blood glucose levels as a part of metabolic homeostasis.[2] Glucose is stored in skeletal muscle and liver cells in the form of glycogen;[2] in fasted individuals, blood glucose is maintained at a constant level at the expense of glycogen stores in the liver and skeletal muscle.[2]
- In humans, glucose is the primary source of energy, and is critical for normal function, in a number of tissues,[2] particularly the human brain which consumes approximately 60% of blood glucose in fasted, sedentary individuals.[2]
- Hormones that influence blood glucose levels:



iii. Plasma/ Blood pH

- The plasma pH can be altered by respiratory changes in the partial pressure of carbon dioxide; or altered by metabolic changes in the carbonic acid to bicarbonate ion ratio. The bicarbonate buffer system regulates the ratio of carbonic acid to bicarbonate to be equal to 1:20, at which ratio the blood pH is 7.4 (as explained in the Henderson–Hasselbalch equation). A change in the plasma pH gives an acid–base imbalance. In acid–base homeostasis there are two mechanisms that can help regulate the pH. Respiratory compensation a mechanism of the respiratory center, adjusts the partial pressure of carbon dioxide by changing the rate and depth of breathing, to bring the pH back to normal. The partial pressure of carbon dioxide also determines the concentration of carbonic acid, and the bicarbonate buffer system can also come into play. Renal compensation can help the bicarbonate buffer system

iv. Levels of blood gases

- Changes in the levels of oxygen, carbon dioxide and plasma pH are sent to the respiratory center, in the brainstem where they are regulated. The partial pressure of oxygen and carbon dioxide in the arterial blood is monitored by the peripheral chemoreceptors (PNS) in the carotid artery and aortic arch. A change in the partial pressure of carbon dioxide is detected as altered pH in the cerebrospinal fluid by central chemoreceptors (CNS) in the medulla oblongata of the brainstem. Information from these sets of sensors is sent to the respiratory center which activates the effector organs – the diaphragm and other muscles of respiration. An increased level of carbon dioxide in the blood, or a decreased level of oxygen, will result in a deeper breathing pattern and increased respiratory rate to bring the blood gases back to equilibrium.
- Too little carbon dioxide, and, to a lesser extent, too much oxygen in the blood can temporarily halt breathing, a condition known as apnea, which freedivers use to prolong the time they can stay underwater.
- **Blood gas tension** refers to the partial pressure of gases in blood.[1] There are several significant purposes for measuring gas tension;[2] the most common gas tensions measured are oxygen tension[3] (PxO2), the carbon dioxide tension[3] (PxCO2) and carbon monoxide tension[3] (PxCO).

Oxygen tension

- PaO2 – **Partial pressure of oxygen at sea level** (765 mmHg) **in arterial blood** is between 75 mmHg and 100 mmHg.[4][5][6]
- PvO2 – **Oxygen tension in venous blood at sea level is between 30 mmHg and 40 mmHg**.[6][7]

Carbon dioxide tension : Carbon dioxide is a by-product of food metabolism and in high amounts has toxic effects including: dyspnea, acidosis and altered consciousness.[8]

- PaCO2 – **Partial pressure of carbon dioxide at sea level (765 mmHg) in arterial blood is between 35 mmHg and 45 mmHg**.[9]
- PvCO2 – **Partial pressure of carbon dioxide at sea level in venous blood is between 40 mmHg and 50 mmHg.[9]**

Carbon monoxide tension

- PaCO – **Partial pressure of CO at sea level (765 mmHg) in arterial blood is approximately 0.02.** It can be slightly higher in smokers and people living in dense urban areas.

v. Arterial blood pressure

- Normal resting blood pressure in an adult is approximately 120 millimetres of mercury (16 kPa) systolic, and 80 millimetres of mercury (11 kPa) diastolic, abbreviated "**120/80 mmHg**".

vi. Iron levels

Importance of iron regulation:

1. **Cellular respiration**
2. **Oxygen transport**
3. **Toxicity**
4. **bacterial protection**

- **Iron-deficiency anemia affected about 1.48 billion people in 2015**.[6] A lack of dietary iron is estimated to cause approximately half of all anemia cases globally.[12] Women and young children are most commonly affected.[3] **In 2015 anemia due to iron deficiency resulted in about 54,000 deaths** – down from 213,000 deaths in 1990.[7][13]

vii. Copper regulation

- Copper is an essential trace element that is vital to the health of all living things (humans, plants, animals, and microorganisms). In humans, copper is essential to the proper functioning of organs and metabolic processes. The human body has complex homeostatic mechanisms which attempt to ensure a constant supply of available copper, while eliminating excess copper whenever this occurs. However, like all essential elements and nutrients, too much or too little nutritional ingestion of copper can result in a corresponding condition of copper excess or deficiency in the body, each of which has its own unique set of adverse health effects.
- The World Health Organization recommends a minimal acceptable intake of approximately **1.3 mg/day**.[44]

viii. Calcium levels

- Calcium is the most abundant mineral in the human body. **The average adult body contains in total approximately 1 kg, 99% in the skeleton in the form of calcium phosphate salts** . The **extracellular fluid (ECF) contains approximately 22 mmol, of which about 9 mmol is in the plasma**.[3] Approximately **10 mmol of calcium is exchanged between bone and the ECF over a period of twenty-four hours**.[4] The **concentration of calcium ions inside the cells (in the intracellular fluid) is more than 7,000 times lower than in the blood plasma** (i.e. at **<0.0002 mmol/L**, compared with 1.4 mmol/L in the plasma)
- The normal adult diet contains about 25 mmol of calcium per day. Only about 5 mmol of this is absorbed into the body per day (see below).[12]

ix. Sodium concentration

- The minimum physiological **requirement for sodium is between 115 and 500 milligrams per day** depending on sweating due to physical activity, and whether the person is adapted to the climate.[8] Sodium chloride is the principal source of sodium in the diet, and is used as seasoning and preservative, such as for pickling and jerky; most of it comes from processed foods.[9] **The Adequate Intake for sodium is 1.2 to 1.5 grams per day**,[10] but *on average people in the United States consume 3.4 grams per day*,[7][11] the minimum amount that promotes hypertension.[12] (Note that salt contains about 39.3% sodium by mass[13]—the rest being chlorine and other trace chemicals; thus the UL of 2.3g sodium would be about 5.9g of salt—about 1 teaspoon[14])
- **Normal serum sodium levels** are between approximately **135 and 145 mEq/liter (135 - 145 mmol/L).** A serum sodium level of less than 135 mEq/L qualifies as hyponatremia, which is considered severe when the serum sodium level is below 125 mEq/L.[15][16]

x. Potassium concentration

- Potassium levels influence multiple physiological processes, including[53][54][55]
  1. **resting cellular-membrane potential and the propagation of action potentials in neuronal, muscular, and cardiac tissue**.
- Due to the electrostatic and chemical properties, K+ions are larger than Na+ions, and ion channels and pumps in cell membranes can differentiate between the two ions, actively pumping or passively passing one of the two ions while blocking the other.[56]
  2. **hormone secretion and action**
  3. **vascular tone**
  4. **systemic blood pressure control**
  5. **gastrointestinal motility**
  6. **acid–base homeostasis**
  7. **glucose and insulin metabolism**
  8. **mineralocorticoid action**
  9. **renal concentrating ability**
  10. **fluid and electrolyte balance**
- **Plasma potassium is normally kept at 3.5 to 5.0 millimoles (mmol)** [or milliequivalents (mEq)] per liter by multiple mechanisms. *Levels outside this range are associated with an increasing rate of death from multiple causes,[57] and some cardiac, kidney,[58] and lung diseases progress more rapidly* if serum potassium levels are not maintained within the normal range.
- An average meal of 40-50 mmol presents the body with more potassium than is present in all plasma (20-25 mmol). However, this surge causes the plasma potassium to rise only 10% at most as a result of prompt and efficient clearance by both renal and extra-renal mechanisms.[59]
-

xi. Fluid balance / Osmoregulation and Thirst

- In a large study of adults of all ages and both sexes, **the adult human body averaged ~65% water.**
- A constant supply is needed to replenish the fluids lost through normal physiological activities, such as respiration, perspiration and urination. **Food contributes 0.5 to 1 l/day,** and the metabolism of **protein, fat, and carbohydrates produces another 0.25 to 0.4 l/day**,[6] which means that **2 to 3 l/day of water for men and 1 to 2 l/day of water for women should be consumed** as fluid to meet the Recommended Daily Intake (RDI).
- **Fluid balance** is an aspect of the homeostasis of organisms in which the amount of water in the organism needs to be controlled, via osmoregulation and behavior, such that the concentrations of electrolytes (salts in solution) in the various body fluids are kept within healthy ranges. The core principle of fluid balance is that the amount of water lost from the body must equal the amount of water taken in; for example, in humans, the output (via respiration, perspiration, urination, defecation, and expectoration) must equal the input (via eating and drinking, or by parenteral intake). **Euvolemia** is the state of normal body fluid volume, including blood volume, interstitial fluid volume, and intracellular fluid volume; hypovolemia and hypervolemia are imbalances. **Water is necessary for all life on Earth. Humans can survive for 4 to 6 weeks without food but only for a few days without water.**
- **Intracellular fluid** (2/3 of body water) is fluid contained within cells. In a 72-kg body containing 40 litres of fluid, about 25 litres is intracellular,[7] which amounts to 62.5%. Jackson's texts states 70% of body fluid is intracellular.[8]
- **Extracellular fluid** (1/3 of body water) is fluid contained in areas outside of cells. For a 40-litre body, about 15 litres is extracellular,[7] which amounts to 37.5%.
- **Plasma** (1/5 of extracellular fluid). Of this 15 litres of extracellular fluid, plasma volume averages 3 litres,[7] or 20%.
- **Interstitial fluid** (4/5 of extracellular fluid)
- **Transcellular fluid** (a.k.a. "third space," normally ignored in calculations) contained inside organs, such as the gastrointestinal, cerebrospinal, peritoneal, and ocular fluids.
- In humans, total body water can be estimated based on the premorbid (or ideal) body weight and correction factor

TB = Weight*C

- C is a coefficient for the expected percentage of weight made up of free water. For adult, non-elderly males, C = 0.6. For adult elderly males, malnourished males, or females, C = 0.5. For adult elderly or malnourished females C = 0.45. A total body water deficit (TBWD) can then be approximated by the following formula:

TBD = TBW *(1- [Na]t/[Na]m)

- Where [Na]t = target sodium concentration (usually 140 mEq/L), and [Na]m = measured sodium concentration.
- The resultant value is the approximate volume of free water required to correct a hypernatremic state.
- The total amount of water in the body needs to be kept in balance. Fluid balance involves keeping the fluid volume stabilised, and also keeping the levels of electrolytes in the extracellular fluid stable. Fluid balance is maintained by the process of osmoregulation and by behaviour. Osmotic pressure is detected by osmoreceptors in the median preoptic nucleus in the hypothalamus. Measurement of the plasma osmolality to give an indication of the water content of the body, relies on the fact that water losses from the body, (through unavoidable water loss through the skin which is not entirely waterproof and therefore always slightly moist, water vapor in the exhaled air, sweating, vomiting, normal feces and especially diarrhea) are all hypotonic, meaning that they are less salty than the body fluids (compare, for instance, the taste of saliva with that of tears. The latter have almost the same salt content as the extracellular fluid, whereas the former is hypotonic with respect to plasma. Saliva does not taste salty, whereas tears are decidedly salty). Nearly all normal and abnormal losses of body water therefore cause the extracellular fluid to become hypertonic. Conversely excessive fluid intake dilutes the extracellular fluid causing the hypothalamus to register hypotonic hyponatremia conditions.

Trace Elements

- There are a variety of trace elements present in virtually all potable water, some of which play a role in metabolism. For example, sodium, potassium and chloride are common chemicals found in small amounts in most waters, and these elements play a role in body metabolism. Other elements such as fluoride, while arguably beneficial in low concentrations, can cause dental problems and other issues when present at high levels. Water is essential for the growth and maintenance of our bodies, as it is involved in a number of biological processes.

xii. Cerebrospinal fluid

- Cerebrospinal fluid (CSF) allows for regulation of the distribution of substances between cells of the brain,[59] and neuroendocrine factors, to which slight changes can cause problems or damage to the nervous system. For example, high glycine concentration disrupts temperature and blood pressure control, and high CSF pH causes dizziness and syncope.[60]

xiii. Neurotransmission : Inhibitory neurons in the central nervous system play a homeostatic role in the balance of neuronal activity between excitation and inhibition. Inhibitory neurons using GABA, make compensating changes in the neuronal networks preventing runaway levels of excitation.[61] An imbalance between excitation and inhibition is seen to be implicated in a number of neuropsychiatric disorders.[62]

xiv. Neuroendocrine system

- The neuroendocrine system is the mechanism by which the hypothalamus maintains homeostasis, regulating metabolism, reproduction, eating and drinking behaviour, energy utilization, osmolarity and blood pressure.
- The regulation of metabolism, is carried out by hypothalamic interconnections to other glands.[63] Three endocrine glands of the hypothalamic –pituitary– gonadal axis (HPG axis) often work together and have important regulatory functions. Two other regulatory endocrine axes are the hypothalamic–pituitary–adrenal axis (HPA axis) and the hypothalamic– pituitary–thyroid axis (HPT axis).
  1. See :

xv. Gene regulation

xvi. Energy balance

- The amount of energy taken in through nutrition needs to match the amount of energy used. To achieve energy homeostasis appetite is regulated by two hormones, grehlin and leptin. Grehlin stimulates hunger and the intake of food and leptin acts to signal satiety (fullness).

5. **Growth**: maintenance of a higher rate of anabolism than catabolism. A growing organism increases in size in all of its parts, rather than simply accumulating matter.
6. **Organization**: being structurally composed of one or more cells – the basic units of life

a. Organism 10 main organs

i. Animal cell (eukaryotic) 10 main organs

1. Membrane
2. Nucleus
3. Smooth reticulum
4. Rough reticulum
5. Cytoplasm
6. golgi apparatus
7. Cytoskeleton

b. Human:

10 Systems and 80 organs

1. Musculo-skeletal system

See also: List of bones of the human skeleton and List of muscles of the human body

1. Human skeleton
2. Joints
3. Ligaments
4. Muscular system
5. Tendons

ii. Respiratory system

1. Nasal cavity
2. Pharynx
3. Larynx
4. Trachea
5. Bronchi
6. Lungs
7. Diaphragm

iii. **Digestive system**

1. Mouth
2. Teeth
3. Tongue
4. Salivary glands
5. Parotid glands
6. Submandibular glands
7. Sublingual glands
8. Pharynx
9. Esophagus
10. Stomach
11. Small intestine
12. Duodenum
13. Jejunum
14. Ileum
15. Large intestine
16. Liver
17. Gallbladder
18. Mesentery
19. Pancreas
20. Anal canal and anus
21. Appendix

iv. **Excretory/ Renal/ Urinary system**

1. Kidneys
2. Ureters
3. Bladder
4. Urethra

v. **Endocrine system**

1. Pituitary gland
2. Pineal gland
3. Thyroid gland
4. Parathyroid glands
5. Adrenal glands
6. Pancreas

- **Cell signaling** is part of any communication process that governs basic activities of cells and coordinates all cell actions. The ability of cells to perceive and correctly respond to their microenvironment is the basis of development, tissue repair, and immunity, as well as normal tissue homeostasis. Errors in signaling interactions and cellular information processing are responsible for diseases such as cancer, autoimmunity, and diabetes.[1][2][3] By understanding cell signaling, diseases may be treated more effectively and, theoretically, artificial tissues may be created.[4]
- Cell signaling can be classified to be mechanical and biochemical based on the type of the signal. Mechanical signals are the forces exerted on the cell and the forces produced by the cell. These forces can both be sensed and responded by the cells.[11]

Biochemical signals are the biochemical molecules such as proteins, lipids, ions and gases. These signals can be categorized based on the distance between signaling and responder cells. Signaling within, between, and amongst cells is subdivided into the following classifications:

- **Intracrine signals** are produced by the target cell that stay within the target cell.
- **Autocrine signals** are produced by the target cell, are secreted, and affect the target cell itself via receptors. Sometimes autocrine cells can target cells close by if they are the same type of cell as the emitting cell. An example of this are immune cells.
- **Juxtacrine signals** target adjacent (touching) cells. These signals are transmitted along cell membranes via protein or lipid components integral to the membrane and are capable of affecting either the emitting cell or cells immediately adjacent.
- **Paracrine signals** target cells in the vicinity of the emitting cell. Neurotransmitters represent an example.
- **Endocrine signals** target distant cells. Endocrine cells produce hormones that travel through the blood to reach all parts of the body.
- Cells communicate with each other via direct contact (juxtacrine signaling), over short distances (paracrine signaling), or over large distances and/or scales (endocrine signaling).
- Some cell–cell communication requires direct cell–cell contact. Some cells can form gap junctions that connect their cytoplasm to the cytoplasm of adjacent cells. In cardiac muscle, gap junctions between adjacent cells allows for action potential propagation from the cardiac pacemaker region of the heart to spread and coordinately cause contraction of the heart.

vi. **Circulatory system**

See also: List of arteries of the human body and List of veins of the human body

1. Heart
2. Patent Foramen Ovale
3. Arteries
4. Veins
5. Capillaries

vii. **Lymphatic / Immune system**

1. Lymphatic vessel
2. Lymph node
3. Bone marrow
4. Thymus
5. Spleen
6. Gut-associated lymphoid tissue
7. Tonsils

viii. **Nervous system**

1. Brain
2. Cerebrum
3. Cerebral hemispheres
4. Diencephalon
5. The brainstem
6. Midbrain
7. Pons
8. Medulla oblongata
9. Cerebellum
10. The spinal cord
11. The ventricular system
12. Choroid plexus

Peripheral nervous system

See also: List of nerves of the human body

13. Nerves
14. Cranial nerves
15. Spinal nerves
16. Ganglia
13. Enteric nervous system

Sensory organs

18. Eye
19. Cornea
20. Iris
21. Ciliary body
22. Lens
23. Retina
24. Ear
25. Outer ear
26. Earlobe
27. Eardrum
28. Middle ear
29. Ossicles
30. Inner ear
31. Cochlea
32. Vestibule of the ear
33. Semicircular canals
34. Olfactory epithelium
35. Tongue
36. Taste buds

ix. **Reproductive system**

Female

Internal reproductive organs

1. Ovaries
2. Fallopian tubes
3. Uterus
4. Vagina

External reproductive organs:

5. Vulva
6. Clitoris
7. Placenta

Male reproductive system

Internal reproductive organs

8. Testes
9. Epididymis
10. Vas deferens
11. Seminal vesicles
12. Prostate
13. Bulbourethral glands

External reproductive organs

14. Penis
15. Scrotum

x. **Integumentary system**

0. Mammary glands
1. Skin
2. Subcutaneous tissue

xi. **112 totaled organs**

0. Male: (-7 Female organs) 105
1. Female: (-8 Male organs) 104

8. **Metabolism**: transformation of energy by converting chemicals and energy into cellular components (anabolism) and decomposing organic matter (catabolism). Living things require energy to maintain internal organization (homeostasis) and to produce the other phenomena associated with life.

See: 5.b.iii.1-21. & 5.b.iv.1-4.

9. **Reproduction**: the ability to produce new individual organisms, either asexually from a single parent organism or sexually from two parent organisms.

. See: 5.b.ix.1-15

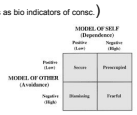
Add **carbon/nitrogen/oxygen/heat (system exchange law, cold to hot hot to cold) cycle, betrayal trauma** [6] (hi trauma/low trauma, . **Berne's 4 life positions** (I'm okay/Not okay, You're Okay/Not Okay) [7] Berne**, transactional analysis** (parent, adult, child (a triangle atop/inhabiting/encompassing the self (CBT position)) [8] and **Freud's Iceberg metaphor** id [9.1] (biosphere [9.1/10/ move to first 6]), ego (psycho-socio spheres [9.2]) and superego (politic sphere [9.3]), Love and Fear (center yin/yang (quoting from Kubler article and oxycontin research)) **Kohlberg Stages of Moral Development [1.1]** (*I. Preconventional*: 1. Obedience and punishment, How can I avoid punishment? 2. Self-interest orientation; What's in it for me? Paying for a benefit, II. *Conventional*, 3. Interpersonal Accord and conformity, Social norms; Good boy/girl attitude, 4. Authority and social-order maintaining orientation, law and order morality, III. *Post-conventional*, 5. Social contract orientation, 6. Universal ethical principles, Principled conscience.), **Sacred Psychology** [12] (great wound, transformation, bigger story, union with beloved), **eight circuit model** [13] (oral, anal, laryngeal manual, socio sexual, neuro-somatic, neuro-energetic, neuro-genetic, neuro-atomic), Darley and Latane **5 stages of helping behavior** [14](Notice, Interpret, Degree, Form, Implement), **love languages** [15] (receiving gifts, quality time, words of affirmation, acts of service, and physical touch), 5 &/or 7 **love hormones [16]**, **Hegel: Slave-Dialectic[17]:** Reaction, Death Struggle, Enslavement and Mastery, Contradiction and Resolution, **Nietzsche[18]** Master Slave Morality, **Classical def of knowledge[19]** V-Diagram: (Kwix belief) Belief, Truth, justified belief and knowledge, **scientific law** [20] V-Diagram; laws, theories, and Repeated Successful Predictions, **Brain Waves**: [21] Delta, Theta, Alpha, Beta, Gamma, **Sleep Cycles: [22]** Wake, REM, NREM1, NREM2, NREM3, **Working Memory Model: [23]** Central Executive (top politico), Episodic Buffer (middle cc), Visuo-spatial sketchpad (or all exist inside psych alone?), Phonological Loop, **4 Paradigms of Cognitive Dissonance [24]**: Belief Disconfirmation (BL), Effort Justification (TL), Induced Compliance (BR), Free Choice (TR), **Cognitive Dissonance 4 Magnitude Reduction Methods[25]:** Ignore or deny, Justify (TL), Justify by adding new cognitions (BR), Change the behavior (TR) **4 categories complaining human behavior** [26] intrapsychic (biopsychosociospiritual) [27] , interpersonal, intragroup, intergroup. Parenting styles and governmental styles (permissive v) add **non-violent communication** (a verified western "protocol") add; triune brain, temporal circuit, aggregate to eeg (bloch1991, karunami2015, 2004.01973, lee2014, wang2014, masruroh2019(more notes in spiral memo pad))

*=1 or more citations in cc downloads

Conscience / Conscious Culture Model Compilation

ATTENTION / TRUST / NEED

1. (**Attention** Y, **Control X**) (also, Attention and memory (symptoms addition from (B12) deficiency(add symptoms as bio indicators of consc.)
   You Now Have A Shorter Attention Span Than a Goldfish *(TIME, 2015, McSpadden),*
   Controlling (Needing to Feel Powerful) *(pg. 15, Suggested Format for A 12 Step Group For Veterans, Families And Friends, Patient Mason, vetformat.pdf)*



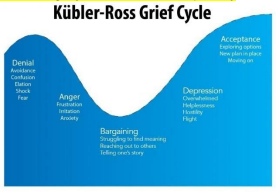
2. Attachment styles - (**trust self** / dependence Y, **trust others** / avoidance X)
   Four in 10 infants lack strong parental attachments, *(Huber, Woodrow Wilson School of Public and International Affairs, 2014)*
3. Operant conditioning skinner **– Positive/negative = Y axis X axis = Reinforcement/Punishment**
   a. **Positive reinforcement** is TR, neg Reinforcement is BR, Positive punishment is TL, negative punishment is BL
      Negative Punishment; Prison Complex. Positive Reinforcement: Money Complex, wallstreet

4. Pavlov **Hunger** (**Need** must be Y axis) and **Appetite** (**Desire** x Axis) equated to 40 million US Citizens are Malnourished while 93.3 million US Adults are Obese SENSORIMOTOR
5. Maslow's Hierarchy of Needs "Motivation & Personality" (1954)
   i. **Physiological** – air, water, food, shelter, sleep, clothing, reproduction
      - 39.7 million US Citizens live in poverty, including 12.8 million US Children
      - 3.5 million Americans are homeless each year, 1 million are children
   ii. **Safety** – personal, emotional and financial securities, Health, Property
   iii. **Love and belonging** – friendships, intimacy, family, sense of connection
      - 1/3 US children do not have a father
   iv. **Esteem** – respect, self-esteem, status, recognition, strength, freedom
      - Competition, luxury goods, greed and monetary obsessions
   v. **Self-actualization** – desire to become the most that one can be
      - Completing goals, feeling secure with self, "enlightened"
   vi. **Transcendence** – giving oneself to something beyond oneself – altruism/spirituality

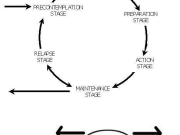
Maslow's hierarchy of needs

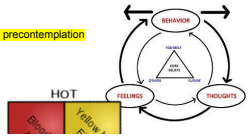
CHANGE

6. Grief Cycle
   a. **Shock** moves like / from center
      i. Denial bottom left
   b. **Anger** top left
   c. **Bargaining** moves like \
   d. **Depression** bottom right
   e. **Acceptance** moves up to upper right



7. Addiction/Maintenance/Stages of Change
   i. **Precontemplation** = shock
   ii. **Contemplation** = denial to anger
   iii. **Preparation** = bargaining to depression
   iv. **Action** = acceptance
   v. **Maintenance** at top right dotted lines connect it to *center* **relapse** connects to precontemplation





8. CBT

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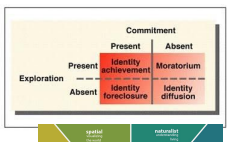
   d. **Judging/perceiving** - Y axis
4. Aristotle Y = Volition,
   a. quoted "The soul in living creatures is distinguished by two functions, the judging capacity which is a function of the **intellect** and of **sensation** combined, and the capacity for exciting movement in space" "what is it that makes the living creature move in space?" "these two things then, appetite and mind, are clearly capable of causing movement… both of these, then, mind and appetite are productive of movement in space. But *the mind in question is that which makes its calculations with an end in view, that is, the practical mind: it differs from the speculative mind in the end that it pursues.* And every appetite is directed towards an end; for the thing at which appetite aims is the starting point of the practical mind, and *the last step of the practical mind is the beginning of action.* So these two, *appetite and practical thought, seem reasonably considered as the producers of movement*; for the object of appetite produces movement, and therefore thought produces movement, because the object of appetite is it's beginning. Imagination too, when it starts movement never does so without appetite. That which moves, then, is a single faculty, that of appetite. If there were two movers, mind as well as appetite, they would produce movement in virtue of a common characteristic. But, as things are, mind is never seen to produce movement without appetite (for *will is a form of appetite*, and when movement accords with calculation, it accords also with choice, but appetite produces movement contrary to calculation; for *desire is a form of appetite*"
      i. (*Aristotle on the soul* with an English translation by W.S. Hett, London, William Heinemann ltd / Cambridge, Massachusetts, Harvard university press, 1964, p.181
         1. So, in the big map, **practical action is top right**, speculative mind is bottom left, volition leads to upper left speculative action, and bottom right is practical mind upper right is practical action. **Appetite/Action/Volition is the Y axis** and the **X axis is Speculation/Practicality**
5. Big 5 persona traits
   i. **Openness** (TL), **neuroticism** (BL), **agreeableness** (BR), **Extroversion** (TR), **Conscientiousness** (Top Y axis)
   b. openness is in the choleric square, because very open people never experience aggression (but an opening to ideas, instead of foreclosure they open to immediately bargain) and furthermore, the choleric is only choleric in biological or limited persona development. so, aggression can be considered a limited openness, or too much openness can be seen as a deficient choleric development – focus on balance and relative individual differences

6. Plutchiks 8 core emotions
   a. I didn't follow that one and made my own (below) but both seem to work in my opinion
      i. **Trust** (acceptance) - Upper
      ii. **Anger** - upper left
      iii. **Anticipation** (interest) - left
      iv. **Disgust** - bottom left
      v. **Joy** - top right
      vi. **Fear** - bottom
      vii. **Sadness** - bottom right
      viii. **Surprise** – right

7. Identity status - marcia
   a. x axis = **exploration**, y axis = **commitment**
   b. **top left – identity foreclosure, top right – identity achievement, bottom left – identity diffusion, bottom right moratorium**



9. 5 senses (all of these should be in the center or off of conscience from BIG 5 (above circle) same as – Gardner 8 intelligences
   i. **Sight**
   ii. **Smell**
   iii. **Hearing**
   iv. **Touch**
   v. **Taste**

10. Gardner 8 intelligences
    i. **Interpersonal XR**
    ii. **Bodily kinesthetic**
    iii. **Linguistic **

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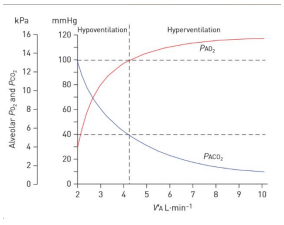
   i. **Yourself** = bottom left
   ii. **Others** = top left and bottom right (two core belief triangles reflecting above and below / axis)
   iii. **Future** = top right
   b. **Thinking (Top Circle (CC)) \ Feeling (Bottom Circle (CC))**
   c. **Behavior (TR (Change) or BL (Relapse))**

BIO-AFFECTIVE PERSONA

1. The 4 humors of Hippocrates ((Hot/Col d, wet/dry))
   a. 1. Blood (**Sanguine** – Enthusiastic, active, social /Spring/Infancy/Air/Liver) 2. Yellow Bile (**Choleric** – aggression, anger /Summer/youth/fire/gallbladder) 3. **Phlegmatic** (Apathetic /Autumn/adulthood/earth/spleen) 4. Black Bile (**Melancholic** – depression, decline of feeling or opinion /winter/old age/water/brain/lungs)
      i. Unification with Empedocles = /
      ii. *** the above model (hot dry = fire = yellow bile/choleric (dominative), hot wet = air = blood = sanguine, cold dry = water = phlegmatic, cold wet = earth = black bile/melancholic) but I would put phlegm (unmoving/apathetic) as earth and black bile/melancholic (moody/wavy/passive/submissive) as water switching the positions of

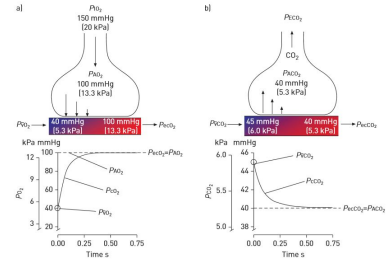


2. **BREATH CYCLE - X = Pressure/Saturation Y = (need = ventilation** (leads to macrocosmic environmental need**)) Inhale/exhale = 02 increase/ co2 decrease**
   a. ***(Oxygen/no oxygen = Y, Pressure/No Pressure = X) or (oxygen increase/decrease and pressure increase/decrease) - co2 o2 /ph. meter*** Ventilation (o2 intake/co2 outtake) & Pressure (mm/hg)
      gas exchange and ventilation - perfusion relationships in the lung
      series Physiology in Respiratory Medicine / j. Petersson and R.W. Glenny

figure 2a and 2b
intake oxygen = increase pressurized oxygen
exhale carbon dioxide = release pressurized carbon dioxide
figure 4
the effects of hyper and hypoventilation
hypo - acidic paco2>40 mmhg
paco2<100mmhg
hyper - alkalinic paco2<40 mmhg
paO2>100mmhg
normal ventilation = paco02 = 40mmhg and pao2 = 100mmhg
hypoventilation = acidic
hyperventilation = alkalinic

the space between exhale and inhale (in between worlds/ life and death) is the space of the top right corner with a dotted line extending back to center and continued dotted line back to lower left

inhale begins in the acidic left down which has been determined to be the phlegmatic detached
state inhale leads to the choleric acidic aggressive state, exhale begins and melancholic and
inhale creates sanguine and dotted line expresses the next exhale
phlegmatic is cold and dry and detached in stress
choleric is hot and dry
can dry be acidic and wet be alkaline? YES, So x = ventilation/pH/pressure y = oxygen
yes, if wetness is o2 (which h2o is water so it makes sense)



3. Jungian Personas
   a. **Introvert/extrovert -** X axis
   b. **Sensing/intuition -** / axis
   c. **Thinking/feeling -** \ axis

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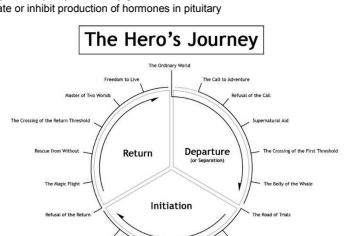
   iv. **Intrapersonal XL**
   v. **Spatial YT**
   vi. **Naturalist /BL**
   vii. **Musical **
   viii. **Logical YL**
   ix. **Existential /TR**

HISTORICAL/SPIRITUAL

8. Freud Psycho-Sexual Stages
   i. **Oral –** fixation and resistance or acceptance to social ques from parents (yes or no of what to eat/swallow) (swallow control)
   ii. **Anal –** fixation and resistance or acceptance to social ques from parents (running away to poop) (bowel control)
   iii. **Phallic –** fix. and res. Or accept. To social ques (bladder control)
   iv. **Latent –** (refer to spiritual stages (sexual impulses are repressed, and sexual energy can be sublimated towards education/work skills, passions, friendships))
   v. **Genital** (below transfer to 7 major chakra/endocrine systems)
      1. Endocrine – relating to or denoting glands which secrete hormones directly into the blood
         a. The **anus** as a root chakra gland that secretes our individual product into the blood of the earth
      2. **Testes/ovaries**
      3. **Adrenal gland**, Pancreas / liver
      4. **Thymus and the heart** – endogenous opioids
      5. **Thyroid gland** – hormones regulate body's metabolic and heart rate, digestive function, muscle control, brain development, mood and bone maintenance – need good supply of iodine
      6. **Pineal gland**
      7. **Hypothalamus** (links endocrine and nervous systems by way of Pituitary gland
         a. Hypo secretes hormones that stimulate or inhibit production of hormones in pituitary

   b. Jungian Spiritual Stages; Preparation, Journey, Return [6,7,8,9,10,11 – 5,4,3,2,1,12 – following grief direction shock is from center/creator to wizard to ruler]
      1. **Hero**
      2. **Sage**
      3. **Innocent**
      4. **Lover**
      5. **Caregiver**
      6. **Wizard**
      7. **Ruler**
      8. **Jester**
      9. **Regular Guy/Gal**
      10. **Explorer**
      11. **Rebel**
      12. **Creator**
      ii. **Confession** – limitations (BL) (stage 1-4 of Jungian psychoanalytic Therapy)
      iii. **Elucidation** – clarifications (TL)
      iv. **Education** – incorporations (BR)
      v. **Transformation** – changes beyond adaptation to environment and self-realization (TR)



   c. Erikson's psychosocial **Childhood**, **Transition Years**, **Adulthood**
      i. **Trust vs. mistrust – 1st year**

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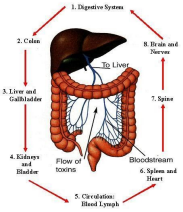
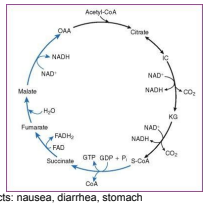
ii. **Autonomy vs doubt – 2nd year**
iii. **Initiative vs guilt – 3rd – 5th years**
iv. **Industry vs inferiority – 6th year - puberty**
v. **Identity vs confusion - Adolescence**
vi. **Intimacy vs isolation – Early adulthood**
vii. **Generativity vs self-absorption – Middle Age**
viii. **Integrity vs despair – Aging Years**

9. Digestion Cycle/Model (IBS relevance), toxic stress cycle image: 1. Digestive system 2. Colon 3. Liver and gallbladder 4. Kidneys and bladder 5. Circulation: blood lymph 6. Spleen and heart 7. Spine 8. Brain and nerves

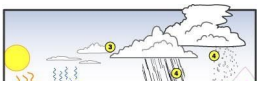


   i. **Ingestion**
   ii. **Digestion**
   iii. **Retention**
   iv. **Expulsion**

10. Eukaryote Cell Respiration/Energy Model (sugar digestion)
   a. Glycolysis
      i. **NADH** – (**BL**) (treatment for dementia, chronic fatigue and improving athletic performance) improves mental clarity, alertness, concentration and memory
      ii. **ATP** – (**TL**) (used to store and transport energy in cells and helps synthesize nucleic acids) can cause breathing problems, chest pain, headache, heart pounding, low blood pressure, nausea, sweating, flushing, lightheadedness, sleep problems, coughing, anxiety
      iii. **H2O** – (**BR**) regulate temperature and maintain lost h2o from breathing, sweating and digestion
      iv. **ATP**
      v. **Pyruvic** acid (**TR/BL**) – can be converted back to carbs (such as glucose), or to fatty acids through acetyl-coA,
   b. Citric / Krebs cycle [missing (1.5) isocitrate, (1.75) a-ketoglutarate, (1.9) succinyl CoA, (4.5) Oxaloacetate]



      i. **citrate** – / **choleric TL** (used for constipation) side effects: muscle twitching or cramps, swelling or weight gain, weakness, mood changes, rapid and shallow breathing, fast heart rate, restless feeling, diarrhea, seizure
      ii. **succinate** – **melancholic BR** (used for menopause and hot flashes) side effects; slow heartbeats, light-headed, short breath, swelling, weight gain, cold feeling in hands and feet, hypotension, fatigue
      iii. **fumarate** – **sanguine TR** (used for anemia; lack of red blood cells/ reduced oxygen) side effects: mood or behavior changes, constipation, upset stomach/pains, vomiting, drowsiness, dizziness
      iv. **malate** – **phlegmatic BL** (used for constipation, heartburn and upset stomach) side effects: nausea, diarrhea, stomach cramps
   c. ATP – Electron Transport Chain [to be continued]
      i. **NADH** – (**BL**) (treatment for dementia, chronic fatigue and improving athletic performance) improves mental clarity, alertness, concentration and memory
      ii. **Fadh2** – (**TR**) only produced in Krebs cycle, used to donate electron…
         FAD can exist in 4 different redox states;
         1. **flavin-N(5)-oxide BL** (stabilizers, thickeners, conditioners, more than 95% used in home cleaning products; human safe ingestion/excretion chronic ingestion in rabbits, diarrhea)
         2. **quinone TR** (anti-microbial/parasitic/tumor/cardiovascular disease, purgative),
         3. **semiquinone TL** (free radical, highly chemical reactant)
         4. **hydroquinone BR** (reducer))
      iii. **O2** – (TL) used to burn fuel (sugar and fatty acids) and produce energy by entire body
      iv. **H2o** – (BR) used in all cells, organs and tissues for breathing, digestion (chemical reactant), temperature regulation (coolant) sweat



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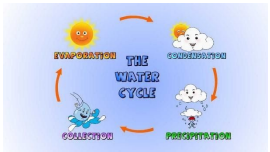
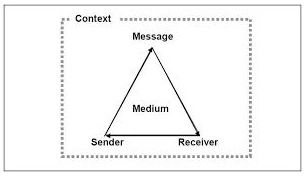
11. Rain/water Cycle Model… nitrogen and carbon
   i. **Evaporation** (sun heats water rises into air)
   ii. **Condensation** (water cools and condenses)
   iii. **Precipitation** (enough water condenses to become heavy enough to fall to ground)
   iv. **Collection** (collects in ground wells and rivers flowing back into the ocean)



***COMMUNICATION TRIANGLE** (& *Rhetorical triangle)- After individual, now triangle (but introduce multi-persona as necessity for self-teaching and learning) while triangle tilts to form a message in the upper right, reflected is another triangle and a subconscious message in the lower left



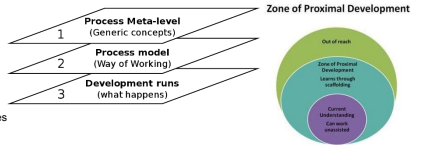
12. MEDIUM; SENDER, MESSAGE, RECIEVER,
   a. (parallel master slave and dominance vs submissive tendencies in neuroticism failure to acknowledge message or the process of talking to self to get this message out, as we are individuals, but we also operate together and "log into" others for help, assistance, etc.

13. *Maslow hierarchy of needs into wheel/communication triangle (expressing the fulfillment and leading to a development of a persona) (escapes the wheel like the change addiction model)

14. *COGNITIVE PROCESSING – PIAGET (Vygotsky (zone of proximal dev.)/piaget combo and my bio-addition (larynx, private speech - "self-mantras")
   a. bio basis *on larynx whisper and mantra* memory development and the learning of formal processing to expand into the larger cognitive processing circles (meta systematic and paradigmatic) and meta system
      i. **Sensorimotor**
         1. Calculatory
         2. Automatic
         3. Sensory or motor
         4. Circular sensory motor
         5. Sensorimotor (form concepts)
      ii. **Pre-operational**
         1. Nominal – relations among concepts
         2. Sentential – imitate sequences
         3. Primary -

Piaget's Periods of Cognitive Development

Birth to 2 years	**Sensori-motor**	**Uses senses and motor skills, items known by use**	**Object permanence learned**
2-6 yrs	**Pre-operational**	**Symbolic thinking, language used; egocentric thinking**	**Imagination/ experience grow, child de-centers**
7-11 yrs	**Concrete operational**	**Logic applied, has objective/rational interpretations**	**Conservation, numbers, ideas, classifications**
12 yrs to adulthood	**Formal operational**	**Thinks abstractly, hypothetical ideas (broader issues)**	**Ethics, politics, social/moral issues explored**



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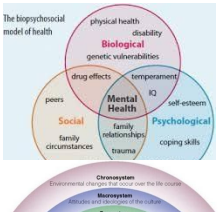
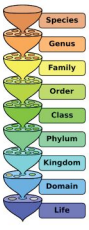
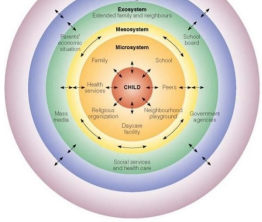
   iii. **Concrete operational**
      1. Abstract
   iv. **Formal Operational** –
      1. "not everyone attains Formal Operational…" - Piaget
      2. Argue using empirical or logical evidence
   v. **Post formal (systematic)**
      1. Construct multivariate systems
   vi. **Meta -systematic**
      1. Construct multi-systems and metasystems
   vii. **Paradigmatic**
      1. Fit metasystems together to form new paradigms
   viii. **Cross-paradigmatic**
      1. Fit paradigms together to form new fields
   ix. **Meta-cross-paradigmatic**
      1. "Model of Hierarchical Complexity" - https://docs.google.com/document/d/1R_WMchseGNEUubgzQ1Eap1r_8jlNsFFXaVXUCyFXRPM/edit#

15. *Engel – Biopsychosocial **BIO-PSYCHO-SOCIO - POLITICO**
   a. **Psychological/Individual (LX) – Sociological/Group (RX) – x axis**
   b. **Natural Laws/subconscious (BY)– Social Laws/Conscious (UY) – y axis**
   c. Religions, Politics, Organized ways of being, all sit at the x axis or below
   d. Conscious declarations



16. Bronfenbrenner
17. Taxonomy Hierarchy (likened to Bronfenbrenner or in bio of biopsychosocial)





18. Barrett leadership

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19. Scientific Method – A method of procedure that has characterized natural science since the 17th century, consisting in **systematic observation, measurement, and experiment**, and the **formulation, testing, and modification of hypotheses**
   SCIENCE NOT SILENCE
   What do we want? SCIENC! When do we want it?
   AFTER PEER REVIEW!

20. Stages of Community Building
   i. Pseudo community (TL)
   ii. Chaos (BL)
   iii. Emptiness (BR)
   iv. True Community (TR)
21. Stereotype content model (adapted from Fiske et al. (2002) (Warmth and Competence) – (high c. = high status low c. = low status, high w = not competitive, low w.=competitive)
   a. High warmth low competence: **paternalistic** stereotype,
   b. low w. low c.: **Contemptuous** stereotype,
   c. High C. Low W.: **Envious** Stereotype,
   d. High c. high w.: **admiration**
22. The Four Fundamental Forces
   i. Gravitational (weak or strong) (Y)
   ii. Electromagnetic (weak or strong) (X)
   iii. Nuclear force (protons and neutrons attracted to each other)
   iv. Electromagnetic force (electrons attracted to protons)
23. Subatomic Particles
   a. 6 Quarks – up, charm, top, down, strange, bottom
   b. 6 Leptons – electron, muon, tau, '' neutrino, '' neutrino, '' neutrino
   c. 4 gauge bosons – photon, gluon, z boson, w boson
24. Cultural map
   a. 1 = BR
   b. 2 = (Bottom Y)
   c. 3 = (TL)
   d. 4 + (Top Y)
   e. 5 =

Cultural Map
The Five Stages of Culture

Stage	%	Behavior	Relationship to people	Language
5	2%	Innocent Wonderment	Team	"Life is great"
4	22%	Tribal Pride	Stable Partnership	"We're great"
3	49%	Lone Warrior	Personal Domination	"I'm great"
2	25%	Apathetic Victim	Separate	"My life sucks"
1	2%	Undermining	Alienated	"Life Sucks"

From Tribal Leadership, Logan, King & Fischer-Wright, 2008, HarperCollins

25. **SPIRITUAL/HISTORICAL**
   a. TRIANGLE / Holy Trinity,
      i. mother father and child or god, son and holy spirit (Sender, Receiver, Message), bible, Vedas and Bowen family model
      ii. past present future
26. 7 Deadly Sins v. 7 Heavenly Virtues

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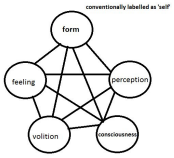
i. **Pride** v. **Prudence**
ii. **Greed** v. **Justice**
iii. **Lust** v. **Temperance**
iv. **Envy** v. **Courage** (or fortitude)
v. **Gluttony** v. **Faith**
vi. **Wrath** v. **Hope**
vii. **Sloth** v. **Charity** (last 3 are the "three theological virtues")

27. Kabballah Tree of Life
    i. 1. **Sovereignty**
    ii. 2. **Foundation** – 3l **splendor** and 3r **victory**
    iii. 4. **Beauty** – 5l **strength**, **law** and 5r **loving**-**kindness**
    iv. 6 **Knowledge** – 7l **understanding** and 7r **wisdom**
    v. 8. **Crown**
28. Buddhist
    a. 5 aggregates
        i. When likened/paired with 5 big persona traits
            1. **Consciousness** top
            2. Top left = **volition** (likened to thinking)
            3. Bottom left = **form** (that which is already there but unaware)
            4. Bottom right = **feeling**
            5. Top right = **perception** (likened to sensing)
    b. 3 universal truths
            1. **Everything is impermanent** and changing
            2. **Impermanence** leads to suffering
            3. **The self is not pers**onal and unchanging
    c. 4 noble truths
            1. Suffering
            2. **Cause** of suffering
            3. **End** of suffering
            4. **The path** that leads to the end of suffering
    d. 8-fold path
        i. Right **effort** (BL)
        ii. Right **concentration** (L X axis)
        iii. Right **mindfulness** (TL)
        iv. Right **action** (BR)
        v. Right **speech** (R X axis)
        vi. Right **intention** (TR)
        vii. Right **view** (top y axis)
        viii. Right **Livelihood** (bottom y axis)



the development of each identity through the needs

<u>In the bottom left/ phlegmatic/diffusion square</u>

1. Add missing children

Add **carbon/nitrogen/oxygen/heat (system exchange law, cold to hot hot to cold) cycle, betrayal trauma** [6] (hi trauma/low trauma, . **Berne's 4 life positions** (I'm okay/Not okay, You're Okay/Not Okay) [7] Berne**, transactional analysis** (parent, adult, child (a triangle atop/inhabiting/encompassing the self (CBT position)) [8] and **Freud's Iceberg metaphor** id [9.1] (biosphere [9.1/10/ move to first 6]), ego (psycho-socio spheres [9.2]) and superego (politic sphere [9.3]), Love and Fear (center yin/yang (quoting from Kubler article and oxycontin research)) , **Kohlberg Stages of Moral Development [1.1]** (*I. Preconventional*. 1. Obedience and punishment, How can I avoid punishment? 2. Self-interest orientation, What's in it for me? Paying for a benefit, II. *Conventional*, 3. Interpersonal Accord and conformity, Social norms; Good boy/girl attitude, 4. Authority and social-order maintaining orientation, law and order morality, III. *Post-conventional*, 5. Social contract orientation, 6, Universal ethical principles, Principled conscience.), **Sacred Psychology** [12] (great wound, transformation, bigger story, union with beloved), **eight circuit model** [13] (oral, anal, laryngeal manual, socio sexual, neuro-somatic, neuro-energetic, neuro-genetic, neuro-atomic), Darley and Latane **5 stages of helping behavior** [14](Notice, Interpret, Degree, Form, Implement), **love languages** [15] (receiving gifts, quality time, words of affirmation, acts of service, and physical touch), 5 &/or 7 **love hormones [16]**, **Hegel: Slave-Dialectic[17]:** Reaction, Death Struggle, Enslavement and Mastery, Contradiction and Resolution, **Nietzsche[18]** Master Slave Morality, **Classical def of knowledge[19]** V-Diagram: (Kwix belief) Belief, Truth, justified belief and knowledge, **scientific law** [20] V-Diagram; laws, theories, and Repeated Successful Predictions, **Brain Waves**: [21] Delta, Theta, Alpha, Beta, Gamma, **Sleep Cycles: [22]** Wake, REM, NREM1, NREM2, NREM3, **Working Memory Model: [23]** Central Executive (top politico), Episodic Buffer (middle cc), Visuo-spatial sketchpad (or all exist inside psych alone?), Phonological Loop, **4 Paradigms of Cognitive Dissonance [24]**: Belief Disconfirmation (BL), Effort Justification (TL), Induced Compliance (BR), Free Choice (TR), **Cognitive Dissonance 4 Magnitude Reduction Methods[25]:** Ignore or deny, Justify (TL), Justify by adding new cognitions (BR), Change the behavior (TR) **4 categories complaining human behavior** [26] intrapsychic (biopsychosociospiritual) [27] , interpersonal, intragroup, intergroup. Parenting styles and governmental styles (permissive v) add **non-violent communication** (a verified western "protocol") add; triune brain, temporal circuit, aggregate to eeg (bloch1991, karunami2015, 2004.01973, lee2014, wang2014, masruroh2019(more notes in spiral memo pad))

*=1 or more citations in cc downloads

Conscience / Conscious Culture
Model Compilation

2. Add dead activist yearly
3. Add extreme mental disorders bottom left, narcissist top left, submissive suicidal bottom right
4. Add bullcrap elon musk city (bottom left/ subconscious message) vs one community global and open source ecology (top right/ conscious message)

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rearrange hospice

Physiological Needs
(Air, Water, Food, Shelter, etc.)

1. **Air**
   - a. ***sick classrooms caused by rising co2 levels***
     - 1.a.i. effects on brain performance, **(1-3)**
   - b. ***Air Pollution Kills as many as Cigarettes.* (4-8)**
     - 1.b.i. Smoking 1/3 Cigarette a day equivalent air pollution for the average American
     - 1.b.ii. 10,000 - 107,000 Americans Die Due to Air Pollution Annually
     - 1.b.iii. Smoking 5-7 Cigarettes a day equivalent air pollution for the average European
     - 1.b.iv. Smoking A pack of Cigarettes a day equivalent to breathing in Delhi, India and Beijing China Air
     - 1.b.v. 7 million deaths worldwide attributed to Air Pollution
   - c. Bird Extinction
     - 1.c.i. 3 Billion (about 30%) birds lost from North America in last 50 years
2. **Water**
   - a. **485,000** (780,000 WWDR) deaths caused each year by contaminated drinking water, (9)
     - 2.a.i. 297,000 deaths of children 5 years and younger each year (Preventable)
   - b. **2 billion people globally** use a **drinking water source contaminated with feces**
   - c. **40% of the lakes in America are too polluted** for fishing, aquatic life, or swimming
     - 2.c.i. *15 interesting facts about water pollution that you should know*,
   - d. Fish Extinction
     - 2.d.i. 95% Reduction in Salmon & Lamprey Populations (Once Native Food Sources)
   - e. 90% Coral reefs will die by 2050
     - 2.e.i. Responsible for producing half (50%) of the worlds oxygen and absorbing 30% of man-made carbon dioxide
   - **f. Drought**
     - 2.f.i. WWDR 2020
       - 2.f.i.1. Figure 4.1, 6, 15, 16
       - 2.f.i.2. During the past 20 years, the two main water-related disasters – floods and droughts – caused more than 166,000 deaths, affected another three billion people and caused total economic damage of almost US$700 billion (EM-DAT, 2019). Droughts accounted for 5% of natural disasters, affecting 1.1 billion people, killing 22,000 more, and causing US$100 billion in damage over the 20-year period (1995–2015). Over the course of one decade, the number of floods rose from an annual average of 127 in 1995 to 171 in 2004 (CRED/UNISDR, 2015).
3. **Land**
   - a. 50% of the Amazon Forest will be lost by 2050 (10% reduction in Oxygen) - Losing 3 football fields per minute
   - b. 50% of Species on Earth will be Extinct by 2050
   - c. 50% of Species on Earth will be extinct by 2050
4. **Waste**
   - a. **30-40% of the US food supply is wasted** or **133 billion pounds and $161 billion worth of food** (2010) *(13)*
   - b. Average Annual CO2 use per person
     - 4.b.i. 4,5 tons per person globally
     - 4.b.ii. 4.6 tons Co2 per typical passenger vehicle
     - 4.b.iii. 6.4 tons Co2 per person in China
     - 4.b.iv. 17.5 tons Co2 per person in US
     - 4.b.v. Denmark carbon tax $18 per ton Co2
   - c. Figures for the Biggest Polluters (2011)
     - 4.c.i. China, 10 billion tons
     - 4.c.ii. United States, 5.9 Billion tons
5. **Hunger**
   - **a. 40 million American's are malnourished,**
   - b. 40.6 million American's rely on the Supplemental Nutrition Assistance Program (SNAP)
   - c. 93.3 million adults and 13.7 million children are obese
   - d. more than 1 in 4 children live in food insecure households in lane county hunger in Lane County 2016
6. **Homeless**
   - a. 3.5 million Americans homeless each year (1 million are children)
   - b. 70.8 million refugees, asylum-seekers and internally displaced people (2018)
7. **Enslaved**
   - a. **40 million Slaves** Worldwide
     - 7.a.i. 16 million Forced Labor exploitation (1 in 4 are children (4 million)) (14)
     - 7.a.ii. 4.8 million Forced Sexual Exploitation
     - 7.a.iii. 15.4 million Forced Marriage
     - 7.a.iv. 4.1 million State-imposed forced labor
   - b. List of 149 **Products Produced by Slaves in the US Economy** (US Dep. Of Labor 2018)
     - 7.b.i. alcoholic beverages, artificial flowers, baked goods, bamboo, bananas, green/soy and yellow beans, beef, tobacco, bricks, carpets, cashews, tin, ceramics, Chile peppers, citrus fruits, cloves, coal, cocoa, coffee, corn, cotton, cucumbers, cumin, diamonds, fish, eggplants, an assortment of electronics, emeralds, fireworks,

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rearrange hospice

poppies, footwear, furniture, steel, garlic, garments, gold, grapes, gravel, hazelnuts, iron, leather, lobsters, locks, matches, meat, melons, nails, palm oil, olives, onions, palm thatch, peanuts, pineapples, pornography, rice, rubber, salt, sand, shellfish, shrimp, silk fabric, soap, sugarcane, surgical instruments, tea, timber, vanilla, wheat, potatoes, carrots and more

- **c. 400,000 modern slaves in the United States**

Safety/ Security
(personal security, employment, resources, health, property, etc.)

1. **Governmental**
   - a. *Democide*: The murder of any person or people by a government, including genocide, politicide, and mass murder.
   - b. **35,654,000 War Deaths vs. 182,800,000 Democide** Deaths (1900-1999)
     - **128,168,000 VICTIMS: THE DEKA-MEGAMURDERERS**
     - 1.b.i. 61,911,000 Murdered: The Soviet Gulag State 1917-1987
     - 1.b.ii. 35,236,000 Murdered: The Communist Chinese Ant Hill 1928-1987
     - 1.b.iii. 20,946,000 Murdered: The Nazi Genocide State 1933-1945
     - 1.b.iv. 10,214,000 Murdered: The Depraved Nationalist Regime 1921-1948
     - **25,178,000 VICTIMS: THE LESSER MEGA-MURDERERS**
     - 1.b.v. 6,000,000 Murdered: (CIA Covert) American Holocaust 1947-1987
     - 1.b.vi. 5,964,000 Murdered: Japan's Savage Military 1937-1945
     - 1.b.vii. 2,035,000 Murdered: The Khmer Rouge Hell State 1975-1979
     - 1.b.viii. 1,883,000 Murdered: Turkey's Genocidal Purges 1900-1923
     - 1.b.ix. 1,670,000 Murdered: The Vietnamese War State 1954-1987
     - 1.b.x. 1,585,000 Murdered: Poland's Ethnic Cleansing 1945-1948
     - 1.b.xi. 1,503,000 Murdered: The Pakistani Cutthroat State1971
     - 1.b.xii. 1,072,000 Murdered: Tito's Slaughterhouse 1941-1987
     - **6,945,000 VICTIMS: SUSPECTED MEGAMURDERERS**
     - 1.b.xiii. 1,663,000 Murdered Orwellian North Korea 1948-1987
     - 1.b.xiv. 1,417,000 Murdered Barbarous Mexico 1900-1920
     - 1.b.xv. 1,066,000 Murdered Feudal Russia 1900-1917
     - 1.b.xvi. 1,500,000+ Illegal Organ Harvesting and Transplants China 2000-2020
       - 1.b.xvi.1. 60,000 illegal organs harvested and transplanted in China annually, report finds _ *The Independent*
       - 1.b.xvi.2. 114,000 people were reported to be waiting for a new organ in the US (2018)
     - 1.b.xvii. 1,300,000+ Murdered American Terror State
   - c. **262,000,000 Total Democide Deaths** (88,000,000 Pre-Twentieth Century)
     To give perspective on this incredible murder by government, if all these bodies were laid head to toe, with the average height being 5', then they would circle the earth ten times. Also, this democide murdered 6 times more people than died in combat in all the foreign and internal wars of the century. Finally, given popular estimates of the dead in a major nuclear war, this total democide is as though such a war did occur, but with its dead spread over a century. RJ Rummel, *Death By Government*

If the Nuremberg laws were applied, every post-war American President would have been hanged:

- 1.c.i. Truman
  - 1.c.i.1. 2 atomic bombs killed at least 129,000 citizens
  - 1.c.i.2. Proceeded to organize major counter-insurgency campaign in Greece which killed about 160,000 people, 60,000 refugees, and other 60,000 or so people torture, political system dismantled, for American corporations to come in and took it over.
- 1.c.ii. Eisenhower
  - 1.c.ii.1. Overthrow of the government of Guatemala,
  - 1.c.ii.2. Invasion of Lebanon in 1958
  - 1.c.ii.3. Overthrow of the government of Iran through a CIA-backed coup
- 1.c.iii. Kennedy
  - 1.c.iii.1. The Invasion of Cuba
  - 1.c.iii.2. The Invasion of South Vietnam
- 1.c.iv. Johnson
  - 1.c.iv.1. Indochina war
  - 1.c.iv.2. The Invasion of Dominican Republic
- 1.c.v. Nixon
  - 1.c.v.1. Invaded and Bombed Cambodia
- 1.c.vi. Carter
  - 1.c.vi.1. Supported Indonesian invasion of East Timor
- 1.c.vii. Reagan
  - 1.c.vii.1. Central America Contra's Operation
  - 1.c.vii.2. Support for the Israeli invasion of Lebanon
- 1.c.viii. Bush Sr
  - 1.c.viii.1. Condemned by International Court of Justice for "unlawful use of force"
  - 1.c.viii.2. Gulf War
- 1.c.ix. Clinton
  - 1.c.ix.1. Kosovo tragedy
  - 1.c.ix.2. Genocide in Iraq
- 1.c.x. Bush Jr
  - 1.c.x.1. Found guilty by the Kuala Lumpur War Crimes Commission for torture and cruel, inhumane and degrading treatment
- 1.c.xi. Obama
  - 1.c.xi.1. Global Drone Assassination Campaign
- 1.c.xii. Trump
  - 1.c.xii.1. "War Crimes Enthusiast"
  - 1.c.xii.1.a. Assassination of Soleimani
  - 1.c.xii.1.b. Threatened to commit war crime, " as specified in Geneva Conventions as well as the US law of War Manual, extensive provisions related
  - 1.c.xii.1.c. Pardoned multiple war criminals, As the president put it on Twitter, "We train our boys to be killing machines, then prosecute them when they kill!" This is a philosophy that makes no moral distinction between killing combatants and killing the innocent.

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1.c.xii.1.d. vowed to impose torture techniques "a hell of a lot worse than waterboarding." Trump declared that he would "take out the families" of terrorist suspects, assuring skeptics that the military would not refuse his commands, even though service members have a duty to refuse orders that are manifestly illegal. "If I say do it, they're going to do it."

- d. Local Government
  - 1.d.i. North America 17th century onward
    - 1.d.i.1. Initially little control from governments back in Europe, many settlements began as shareholder or stockholder business enterprises, and while the king of Britain had technical sovereignty, in most instances "full governmental authority was vested in the company itself" Settlers had to fend for themselves; compact towns sprung up based as legal corporations in what has been described as "pure democracy"
  - *1.d.ii. Do you live in a corrupt city?*
    - 1.d.ii.1. In 2015, when the University of Illinois released its study on government corruption, researchers tallied up the number of corruption convictions in big cities over the years. Miami and Newark both saw over 400 convictions on corruption charges from 2000-09.
  - *1.d.iii. Want to own a city?*
  - *1.d.iv. Can Cities become self-reliant on food?*
    - 1.d.iv.1. It is concluded that while high levels of local self-reliance would require an active role of city governments and planners, public commitment, financial investment, and labor, the benefits to human health, the local and global environment, and the local economy and community may outweigh the cost.
- ~~*e. Investigating Planned Parenthood and Research Using Aborted Babies*~~
  - ~~1.e.i. Taxpayers fund the sale of aborted baby parts with millions of dollars annually. In 2014 alone, the NIH spent $76 million on human fetal tissue research "with grants to more than 50 universities, including Columbia, Harvard, the Massachusetts Institute of Technology, Stanford, Yale and the University of California in Berkeley, Irvine, Los Angeles, San Diego and San Francisco. It expects to spend the same amount in 2015 and 2016." Taxpayers have a right to know how these baby parts were obtained, which Planned Parenthood affiliates and other abortion facilities were involved, as well as which biotech companies and end consumers profited from the sale and use of aborted baby parts~~

2. **United States Justice Department**
   - **1.a.i. $210+ billion**
     - 1.a.i.1. **$29.9 billion** Department of Justice (Executive Branch) Annual cost (2019)
     - 1.a.i.2. **$81 billion annual cost to U.S. taxpayers**, (Prison, parole, and probation operations)
     - 1.a.i.3. **$100 billion** in costs that are paid by individuals (police and court costs, bail bond fees, and prison phone fees generate)
   - 1.a.ii. Incarceration in the United States (include graphic)
     - 1.a.ii.1. **2.4 million** people in US Prison (2008)
       - 1.a.ii.1.a. **25%** of the total **9.8 million** prisoners worldwide (2008) coming from a country with only **5%** of the global population
     - 1.a.ii.2. **6,613,500** people in the US adult correctional systems (2016)
   - 1.a.iii. Increase in crime
     - 1.a.iii.1.a. United States Population and Number of Crimes 1960 – 2018
       - 1.a.iii.1.a.i. Year- Population - Total Crimes - Violent Crimes
       - 1.a.iii.1.a.ii. 1960 - 179,323,175 - 3,384,200 - 288,460
       - 1.a.iii.1.a.iii. 2018 - 327,167,434 - 8,441,110 - 1,245,065
     - 1.a.iii.1.b. United States Population and Rate of Crime per 100,000 People 1960 - 2018
       - 1.a.iii.1.b.i. Year - Population – Total - Violent
       - 1.a.iii.1.b.ii. 1960 - 179,323,175 - 1,887.2 -160.9
       - 1.a.iii.1.b.iii. 2018 - 327,167,434 - 2,580.1 - 380.6
     - 1.a.iii.1.c. **136.7% Increase of total crime** since 1960
     - 1.a.iii.1.d. **236.5% increase of violent crime** since 1960
       - 1.a.iii.1.d.i. Is prison supposed to rehab the individual, or is it supposed to earn money? If the goal is to earn money, then a high prison population is the end goal.
   - 1.a.iv. **2.3% - 5%** of all US prisoners are innocent
     - 1.a.iv.1. **120,000** people may be incarcerated as a result of wrongful conviction
       - 1.a.iv.1.a. The innocence project, Miscarriage of Justice Wiki
   - 1.a.v. "Bailing on the Justice System", Eugene weekly
     - 1.a.v.1. "You get a lot of clients who say, 'I'm innocent, but I'm not going to trial, get me out of here. I don't care what I have to do, get me out of here now.'"
     - 1.a.v.2. "It turns it into a plea mill," he says. "Like a puppy mill, it's a plea mill. The attorneys get less money if they take a case to trial."
     - 1.a.v.3. "by and large most cases settle without going to trial — roughly 90 percent. And that's not just locally, that's nationwide.
3. **Energy**
   - a. Electrical Grid Dependency and vulnerability

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- *2.a.i. 10 Scary Things That Would Happen if the Grid went Down*
  - 2.a.i.1. No More supply Trucks
  - 2.a.i.2. Stores would close
  - 2.a.i.3. Schools would be shut down
  - 2.a.i.4. Commerce would cease
  - 2.a.i.5. Gasoline would be gone
  - 2.a.i.6. Cell service would stop
  - 2.a.i.7. Post offices would close
  - 2.a.i.8. Air conditioning wouldn't work
  - 2.a.i.9. Heaters wouldn't work
  - 2.a.i.10. No more running water

3. **Economic**
   - a. Spending
     - 1.a.i. Federal Budget FY 2020 (*The Balance.com/fy-2020-federal-budget-summary-... pdf*) ***(Budget_fy21(1).pdf}-breakdown on pg111***
       - 1.a.i.1. Revenue - $3.706 Trillion
         - 1.a.i.1.a. Income Taxes – $1.8 Trillion (49% of FY 2020)
         - 1.a.i.1.b. Payroll Taxes - $1.3 Trillion (35%)
         - 1.a.i.1.c. Corporate Taxes - $265 Billion (7%)
       - 1.a.i.2. Spending - $4.79 Trillion (2020)($1.083 Trillion Budget Deficit for 2020) vs $4.4 Trillion Budget of U.S. Government (2021)
       - 1.a.i.3. Discretionary Spending
     - 1.a.i.1.i. Defense - $633 Billion (2020) vs $705.4 Billion Annual (2021) Defense Budget
     - 1.a.i.1.ii. Health and Human Services - $106 Billion
     - 1.a.i.1.iii. Veterans Affairs – $93 Billion
     - 1.a.i.1.iv. Education – $72 Billion (Link to graduation rates)
     - 1.a.i.1.v. Housing and Urban Development - $57 Billion
     - 1.a.i.1.vi. Homeland Security - $48 Billion
     - 1.a.i.1.vii. State - $48 Billion
     - 1.a.i.1.viii. Energy - $39 Billion
     - 1.a.i.1.ix. Justice - $32 Billion
     - 1.a.i.1.x. Nasa - $23 Billion
       - 3.a.i.1. 54% of all federal discretionary Spending
   - b. Debt
     - 3.b.i. $23.3 Trillion total Debt of US Government (Feb.2020, *Debt to the Penny*)
       - 3.b.i.1. $78K worth of debt per US Citizen
     - 3.b.ii. $1.48 Trillion total debt of US Students
     - 3.b.iii. $30,100 Average Debt per US Graduate
   - c. **Poverty**
     - 3.c.i. **39.7 million** American's live in poverty (12.3% of the population) (2017)
       - **3.c.i.1. 12.8 million (32%) children**
         - 3.c.i.1.a. ***Poverty linked to brain structure in children***; families that earned less than $25k/year had **6% less brain surface area** than those whose families earned $150k/year or more
           - 3.c.i.1.a.i. Lead researcher Kimberly Noble teacher at Columbia University Medical School and senior author Elizabeth Sowell of Children's Hospital in Los Angeles California
     - 3.c.ii. 23% of American's save no money from their paycheck
       - 3.c.ii.1. 58% of US Citizens have **less than $1,000 in savings**
       - 3.c.ii.2. 40% of US Citizens have less than $400 in the bank for emergency expenses
     - 3.c.iii. Global Disparity
       - 3.c.iii.1. Per Capita Incomes worldwide rage from $280 in Burundi to $82,230 in Norway with the US in between at $56,180
       - 3.c.iii.2. $10,298 is the average worldwide per capita income
       - 3.c.iii.3. $32,400+ annual income places an individual in the global 1%
       - 3.c.iii.4. $718,766+ US top 1%, $118,400+ US top 10%
   - **d. Employment**
     - 3.d.i. Unemployed
       - 3.d.i.1. 4.2% Unemployed or 6.8 million people (2017)
     - 3.d.ii. Unsatisfied
       - 3.d.ii.1. 30% American's have seriously considered quitting their job in the last three months
4. **Health**
   - a. One in Five adults in the United States has IBS (irritable bowel syndrome)
   - *b. CDC increases estimate of autism's prevalence by 15 percent to 1 in 59 children Autism Speaks*
   - c. 1 Million doctors
   - d. Prescriptions

4.d.i. 55% of American's regularly take a prescription medication
4.d.i.1. WebMD "American's Taking More Prescription Drugs than Ever"
4.d.i.2. 75% of med students are on antidepressants or stimulants (or both)
4.d.ii. 1 in 6 Adult American's (40 million) take a Psychiatric Drug
4.d.ii.1. Medical Expenditure Panel Survey, Scientific American, "1 in 6 Americans Takes a Psychiatric Drug"
4.d.ii.2. More Than 6 Percent of U.S. Teens Take Psychiatric Meds_Survey - WebMD
4.d.iii. 1.3 million sought emergency room treatment for adverse drug effect
4.d.iv. ~ 124,000 died from *adverse drug effects*
4.d.iv.1. WebMD "American's Taking More Prescription Drugs than Ever"

e. Pregnancy
4.e.i. Medications
4.e.i.1. 90% take a medication, 70% take a prescription
4.e.ii. Abortions
4.e.ii.1. Globally, there are 43.8 million abortions
4.e.ii.2. 47,000 deaths globally from abortions
4.e.ii.3. 1.4 million abortions in North America (2008))
4.e.ii.3.a. Jan. 2012, WHO and the Guttmacher Institute, Infoplease, global abortion rates
4.e.iii. Post-Partum
4.e.iii.1. 89% Cesarean Delivery and 53% vaginal delivery filled prescriptions during the postpartum period
4.e.iii.2. 21,000 in the US women become chronic opioid users attributable to opioid use in postpartum period

f. Addiction
4.f.i. **70,237 Overdose Deaths** in the US (2017)
4.f.i.1. Forbes, Drug overdose death in the US hit record high infographic
4.f.ii. Opiates
4.f.ii.1. 255,207,954 opioid prescriptions (2012)
4.f.ii.1.a. CDC, "U.S. Opioid Prescribing Rate Maps"
4.f.ii.2. Heroin
4.f.ii.2.a. 170,000 Used Heroin for the First Time
4.f.ii.2.b. Lane County Deaths
4.f.iii. Alcohol
4.f.iii.1. 2,200 alcohol poisoning deaths in the US each year
4.f.iii.2. 26.9% (200+ million) US adults ages 18 and older reported that they engaged in binge drinking in the past month
4.f.iii.2.a. 15.1 million US adults ages 18 and older have Alcohol Use Disorder
4.f.iii.2.b. 1 out of 8 addicted
4.f.iii.3. 111 million Self-reported Drinking and driving episodes
4.f.iii.3.a. CDC. Behavioral Risk Factor Surveillance System (BRFSS), 1993–2014. Available at https://www.cdc.gov/brfss
4.f.iii.4. 3.3 million deaths globally were attributable to alcohol (2012)
4.f.iv. Sex addiction
4.f.iv.1. Pornography
4.f.iv.2. Addiction hr's a week
4.f.iv.3. Annual sales
4.f.iv.4. Enhancement drugs Pentagon Spending
4.f.iv.5.
4.f.iv.6. 12% total websites are pornographic (4.2 Million Websites)
4.f.iv.7. 42.7% internet users view porn
4.f.iv.7.a. Sexual addiction symptoms, abuse stats, withdrawal effects.pdf
4.f.iv.7.b. Growing number of people addicted to pornography alarming – higher education.pdf
4.f.iv.7.c. Pornography Facts and Statistics _ The Recovery Village
4.f.iv.8. 6-8% adult Americans or 28-24 million

g. Top 10 Causes of Death (2017)
4.g.i.1. Heart Disease: 635,260
4.g.i.2. Cancer: 598,038
1.a.ii.Medical Error: 250,000
4.g.i.3. Accidents (unintentional injuries): 161,374
4.g.i.4. Chronic Lower Respiratory Diseases: 154,596
4.g.i.5. Stroke: 142,142
4.g.i.6. Alzheimer's Disease: 116,103
4.g.i.7. Diabetes: 80,058
4.g.i.8. Influenza and Pneumonia: 51,537
4.g.i.9. Nephritis: 50,046
4.g.i.10. Suicide: 47,173
4.g.i.10.a. 030.pdf "Table 30. Death rates for suicide, by sex, race, Hispanic origin, and age: United States, selected years 1950–2016"
4.g.i.10.a.i. *Children increase while over 40 decrease (implication of meds?)
4.g.i.10.b. 20 Veterans Commit Suicide per day
4.g.i.10.b.i. 60,000+ over 10 years, over same span number of suicides among all Americans rose by nearly 10,000 individuals annually, an increase of 30 percent, 6,100 in 2017
4.g.i.10.c. (military times)
4.g.i.10.d. 300-400 Doctors Commit Suicide each year, more than double that of general population(npr.org)
4.g.i.10.e. Nurses – 23% more likely than women in general, 4x more likely to commit suicide than people working outside of medicine (nurse.org)
4.g.i.10.f. Farmers – 2x more likely than general population, and comp. to India drinking pesticide 200k+ deaths
4.g.i.10.g. Students – 2nd leading cause of death for students is suicide
4.g.i.10.g.i. As Student Suicides Rise, A Harvard Case Opens New Questions About Schools' Responsibility
4.g.i.10.h. ***Hospice*** (Key concern is Informed Consent and Freedom of Choice)
4.g.i.10.h.i. **1.65 million people received hospice services** (2011) US, 25 million worldwide
4.g.i.10.h.ii. **44.6 % off all deaths in the U.S.** occurred under the care of a hospice program (2011)
4.g.i.10.h.ii.1. https://www.hopkinsmedicine.org/healthlibrary/test_procedures/urology/hospice_care_statistics_85,p00608
4.g.i.10.h.iii. Compared to Oregon only 1,459 DWDA patients (1998-2018) or 610 (2013-2017)
4.g.i.10.h.iii.1. Oregon Death with Dignity Act 2018 Data Summary

5. Education
a. 70% of American's don't have a College Degree
b. 19% US High Schooler's don't Graduate on time

1.a.iii. Love and Belonging
1.a.iv. (friendship, intimacy, family, sense of connection)

1. Family
a. Time spent survey
b. Four in 10 infants lack strong parental attachments Princeton university, 2014, " " "
1.b.i. V. # of adults
c. No maternal or paternal leave comp. to European countries…
1.c.i. Sleeplessness
1.c.ii. Ferber method
d. Divorce
e. Fatherlessness
1.e.i. Effects of fatherlessness

2. **Suicide** (moved to top 10 causes)
1.a.v.

1.a.vi. Esteem
1.a.vii. (status, recognition, respect, strength, freedom)

2. Mental Health
a. **43.8 million** Experience Mental Illness in a given Year (1 out of 5 adults or 20%)
b. Generalized Anxiety Disorder (GAD)
2.b.i. **6.8 million** adults, or 3.1% of the U.S. population, yet only 43.2% are receiving treatment.
2.b.ii. Women are twice as likely to be affected as men. GAD often co-occurs with major depression.
c. Panic Disorder (PD)
2.c.i. **6 million** adults, or **2.7%** of the U.S. population.
d. Social Anxiety Disorder
2.d.i. **15 million** adults, or **6.8%** of the U.S. population.
e. Specific Phobias
2.e.i. **19 million** adults, or **8.7%** of the U.S. population.
f. Obsessive-Compulsive Disorder (OCD)
2.f.i. **2.2 million** adults, or **1.0%** of the U.S. population.
g. Posttraumatic Stress Disorder (PTSD)
2.g.i. **7.7 million** adults, or **3.5%** of the U.S. population.
h. Major Depressive Disorder
2.h.i. **16.1 million** American adults, or about **6.7%** of the U.S. population age 18 and older in a given year.
i. Persistent depressive disorder, or PDD,
2.i.i. **3.3** million American adults

3. Greed
a. Luxury goods
3.a.i. Military goods? Where to put
3.a.ii. *The 20 Most Expensive Things In The World* compared to cheapest things in the world… (to give perspective)

Necessity for graphs to show that most phenomenon are not just a one-time event but an accelerating disaster: Crime rates, executive spending, homelessness, suicides, number of slaves,
rearrange hospice

3.a.ii.1.
3.a.ii.2. These Are the Most Expensive Things in the World
3.a.iii. Comparing the cost of living between 1975 and 2015_ You are being lied and fooled when it comes to inflation data and the cost of living.
b. Luxury beliefs

4. Top Billionaires/Companies("freedom") (2019, and Forbes "the worlds billionaires" (1987-current) graph showing less than 1 trillion wealth in 2000 to over 7 trillion in 2015)
a. Top Companies
4.a.i. 2020 Global 500 Report "brand-finance-global-500-2020-preview.pdf"
4.a.i.1. Amazon – 220 Billion
4.a.i.2. Google – 160 Billion
4.a.i.3. Apple – 140 Billion
4.a.i.4. Microsoft – 117 Billion
4.a.i.5. Samsung - 94 Billion
4.a.i.6. ICBC – 80 Billion
4.a.i.7. Facebook – 79 Billion
4.a.i.8. Walmart – 77 Billion
4.a.i.9. Pingan – 69 Billion
4.a.i.10. Huawei – 65 Billion
b. Number of billionaires
4.b.i. *There are now **2,101 billionaires globally** – up almost 40% from five years ago*
4.b.ii. **$200 billion** – Vladimir Putin's estimated Net worth (Bill Browder, a former fund manager in Russia and major critic of Putin, estimated the president's net worth at)
4.b.ii.1. Top 25 Richest People in the World 2020_Wealthy Gorilla
4.b.ii.1.a. Jeff Bezos Network: $117.5 Billion
4.b.ii.1.b. Bernard Arnualt Net Worth: $112 Billion
4.b.ii.1.c. Bill Gates Net Worth: $108.8 Billion
4.b.ii.1.d. Warren Buffett Net Worth: $89.9 Billion
4.b.ii.1.e. Amancio Ortego Net Worth: $77.9 Billion
4.b.ii.1.f. Mark Zuckerberg Net Worth: $77.7 Billion
4.b.ii.2. Percentage of overall wealth owned by top 10 people
c. Number of Billionaires
4.c.i. A total of **46.8 Million Millionaires worldwide**, and they collectively own approximately $158.3 trillion (**44% of the Total $360 Trillion Global Wealth**)
4.c.i.1. Credit Suisse 2019 Report
4.c.ii. *How Much Income Puts you in the Top 1%, 5%, 10%?* (**among American's** 2017)
4.c.ii.1. Top 0.1% - $2,757,000
4.c.ii.2. Top 1% - $718,766
4.c.ii.3. Top 5% - $299,810
4.c.ii.4. Top 10% - $118,400
4.c.ii.4.a. Economic Policy Institute Study
4.c.ii.5. According to the Global Rich List a $32,400 annual income will place … among **the global 1%** of earners
4.c.ii.5.a. Are you in the Top One Percent of the World?
d. Billionaire's_net_worth_2000-2015 (image)

e. Self- Actualization
f. (pursuing a goal, realization of full potential, desire to become the most one can be)

1. American Time Use Survey Home Page
a. a2-2018
2. Professions
a. *Most American's Work one of these 10 jobs* (2014)
b. 1.1 million doctors of medicine all over the United States (2015
2.b.i. U.S. Physicians - Statistics & Facts _ Statista
c. 1.35 million lawyers in the U.S (2019)
2.c.i. • U.S._ number of lawyers 2019 _ Statista
d. 1.6 million engineers in the U.S. (2015)
e. 1.6 million construction laborers (2018)
f. 3.1 million teachers and over 49.5 million public school students in over 100,000 Operational public elementary/secondary schools in the U.S. States
2.f.i. public school students and teachers - Common Core of Data (CCD) - CCD Quick Facts
3. Leonardo DaVinci?

g. Self-Transcendence

h. (behaving and relating as ends rather than means, responsibility)

i. Giving oneself to something beyond oneself – altruism, spirituality – the desire to reach the infinite. "The very highest and most inclusive levels of human consciousness, behaving and relating, as ends rather than means, to oneself, to significant others, to human beings in general, to other species, to nature, and to the cosmos" (*Farther Reaches of Human Nature,* New York 1971, p.269)

Necessity for graphs to show that most phenomenon are not just a one-time event but an accelerating disaster: Crime rates, executive spending, homelessness, suicides, number of slaves,
rearrange hospice

j.

k. Collective "umbrella"/All-inclusive movement – Affirming life

l. "politics has always had the notion it has to be me or you" B Fuller

m. Individuals

1. Albert Einstein
2. Eleanor Roosevelt
3. Gandhi
4. Martin Luther King
5. Buckminster Fuller
6. VP Press Kit Jacque Fresco
7. 3 environmental activists murdered per week (2018)

a. 164 Environmental Activists Were Killed Last Year_ Watchdog _ Time

7.a.i. Previous year 207

b. Disturbing Report Shows How Many Environmental Activists Are Killed Each Week

7.b.i. 2019 Global witness report

n.

1. *List of religious populations* - Size of Major Religious Groups, 2015 Religion Percent (/7.349 Billion Total)
a. Christianity 31.2% - **2.3 Billion**
b. Islam 24.1% - 1.77 Billion
c. Unaffiliated 16% - 1.17 Billion
d. Hinduism 15.1% - 1.11 Billion
e. Buddhism 6.9% - 507 million
f. Folk Religion 5.7% - 419 million
g. Other (includes Judaism, Bahá'í, Sikhism, and Jainism) 1.0% - 73.5 million

2. Theology for the Social Gospel: (movements under transcendence?)
a. Economic inequality
b. Poverty
c. Alcoholism
d. Crime
e. Racial tensions
f. Slums
g. Unclean environment

h. Child labour

i. Inadequate labour unions

j. Poor schools

k. The danger of war

3.

4. List of Social Movements:

1. 9/11 Truth movement
2. Adverse Childhood Experiences movement
3. Animal rights movement
4. Anti-Apartheid Movement
5. Anti-bullying movement
6. Anti-capitalism
7. Anti-consumerism
8. Anti-corporate activism
9. Anti-fascism
10. Anti-jock movement
11. Anti-nuclear movement
12. Anti-psychiatry movement
13. Anti-war movement
14. Anti-globalization movement
15. Anti-vaccination movement
16. Black Consciousness Movement
17. Black Lives Matter
18. Black Power movement
19. Boycott, Divestment and Sanctions
20. Brights movement
21. Charismatic Movement
22. Chicano Movement
23. **Children's rights movement**
24. **Civil rights movement**
25. Civil disobedience movement
26. Communitarianism
27. Conservation movement
28. Counterculture movement
29. Cooperative movement
30. Cultural movement
31. **Disability rights movement**
32. Ecofeminism
33. Economy for the Common Good
34. Effective altruism
35. Efficiency movement
36. Environmental justice movement
37. Environmental movement
38. Esperanto movement
39. Ethiopian movement
40. Fair trade movement
41. Farm-to-table movement
42. Farm Worker Movement
43. Feminist movement
44. Free culture movement
45. Free love
46. Free software movement
47. Gay rights movement
48. Gerakan Harapan Baru (New Hope Movement in Malaysia)
49. Global citizens movement
50. Global justice movement
51. Health at Every Size
52. Hippie movement
53. **Human Potential movement**
54. Human rights movement
55. India Against Corruption
56. Indigenous peoples movement
57. Indigenous movements in the Americas
58. 2017 pro-jallikattu protests
59. Ku Klux Klan
60. Labor movement
61. Landless Peoples Movement (South Africa)
62. Landless Workers' Movement (MST), the landless workers' movement in Brasil
63. Lawyers' Movement in Pakistan
64. Lebensreform
65. LGBTQ social movements (lesbian, gay, bisexual, and transgender social movements)
66. Mad Pride
67. Men's rights movement
68. Me Too movement
69. MADD (Mothers Against Drunk Driving)
70. Namantar Andolan (Change Movement among Dalits in India)

Necessity for graphs to show that most phenomenon are not just a one-time event but an accelerating disaster: Crime rates, executive spending, homelessness, suicides, number of slaves,
rearrange hospice

1.b.ii. United States,

1.b.iii. Oregon,

1.b.iv. Lane County, Eugene, Ashland

6.

7.

Necessity for graphs to show that most phenomenon are not just a one-time event but an accelerating disaster: Crime rates, executive spending, homelessness, suicides, number of slaves,
rearrange hospice

71. Narmada Bachao Andolan
72. Non-cooperation movement
73. Nonviolence movement
74. Neurodiversity movement advocating for the right of people who are considered neurally divergent
75. Occupy movement
76. Occupy Wall Street
77. Organic movement
78. Popular Assembly of the Peoples of Oaxaca
79. Pro-choice movement
80. Pro-life movement
81. Psychiatric survivors movement
82. Rastafari
83. Reform movements in the United States
84. Reproductive justice
85. Right to life
86. Rural People's Movement
87. Salt March (Otherwise Known as the Salt Satyagraha movement)
88. Self-Reliant Group (SRG) movement
89. Skeptical movement
90. Sex-positive movement
91. Sex Workers' Rights Movement
92. Slow Food movement
93. Slow movement
94. Situationist International
95. Social democracy
96. South African Unemployed Peoples' Movement
97. Student movement
98. Tea Party movement
99. Temperance movement
100. The Zeitgeist Movement
101. Time to Change
102. Time's Up (movement)
103. Treatment Action Campaign
104. Umbrella Movement
105. Veganism
106. Via Campesina
107. Voluntary Human Extinction Movement
108. White Wednesdays
109. Western Cape Anti-Eviction Campaign South African movement struggling against evictions
110. Wikimedia movement
111. Women Against War
112. Women's liberation movement
113. Women's suffrage movement
114. World Cleanup Day

5.

In transcendence

- Religious demographics, military personnel?

In self actualization

- Top billionaires, top companies
  - Facebook, Cambridge analytics, CROWD CONTROL
    - And other behavior recording apps such as WhatsApp

Current, past and projected Population Graphs

a. Species (taxonomy hierarchy graph)

1.a.i. Mammals

1.a.ii. Fish

1.a.iii. Insects

1.a.iv. Flora and fauna

b. Humans

1.b.i. Worldwide

IN THE CIRCUIT COURT FOR THE STATE OF OREGON
FOR THE COUNTY OF BENTON

S. JOSEPH BARRETT, Grandson to FRANCES M. KUCERA, Deceased Plaintiff, vs. GOOD SAMARITAN REGIONAL MEDICAL CENTER, SAMARITAN EVERGREEN HOSPICE, and KATRINA G. HOFFMAN, MSN, FNP Defendants.	**CASE NO.** **COMPLAINT: WRONGFUL DEATH / MEDICAL MALPRACTICE** PRAYER FOR RELIEF: N/A

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ALLEGATIONS

1.

At all material times herein, plaintiff was a resident of the State of Oregon.

2.

At all material times herein, defendant's, and each of them, were residents of the State of Oregon.

3.

On or around August 14, 2016, Frances M. Kucera (hereinafter "Mrs. Kucera") was found on the ground of her assisted living home, exhibiting symptoms of confusion, lethargy and an inability to operate her personal CPAP machine, prescribed for her Obstructive Sleep Apnea (ICD-10-CM G47.33). Mrs. Kucera was taken by staff and admitted to the Good Samaritan Regional Medical Center.

4.

On August 21, 2016, S. Joseph Barrett, along with his Wife and Mother, visited Mrs. Kucera at Good Samaritan Regional Medical Center. Mrs. Kucera was on Intravenous Oxygen, in a smiling and talkative mood, and exclaimed she was, "excited to go to the wedding", in reference to an upcoming family event she had made plans to attend before the accident; exhibiting signs of working semantic and episodic memory, capable and capacitated cognition.

5.

From August 21, 2016 -September 8, 2016, defendant's Good Samaritan Regional Medical Center, Samaritan Evergreen Hospice and Katrina G. Hoffman, failed to follow the applicable standards of medical care due and owed to Mrs. Kucera in one or more of the following ways:

I. Failing to follow standard point of care assessment and/or adequately achieve suitable baseline vitals;
   i. Failure to timely and accurately diagnose and prognose the cause of Mrs. Kucera's failed condition.

   ii. Failure to appropriately and timely treat the cause of Mrs. Kucera's Failed condition.
   iii. Failure to adequately resolve ABG and pH discrepancies contributing to Mrs. Kucera's ASC.
   iv. Failure to ventilate or provide Mrs. Kucera access to oxygen or resuscitative equipment.

II. Failure to bring Mrs. Kucera back from a reversible, pharmacologically induced, reinforced and incapacitated ASC, for the proper provision of informed consent;
   i. Failure to explain the general terms of the procedure or treatment to be undertaken;
   ii. Failure to explain that there may be viable alternative procedures such as;
      1. Cognitive Behavioral Therapy for Dyspnea and Symptomatic; Anxiety, Grief, PTSD, Depression (ICD-10-CM Diagnosis codes: RO6.00, F41, F33, F43)
      2. Bereavement Counseling and/or Talk Therapy,
      3. Oxygen Therapy and NIV Support,
      4. Low-flow partial ECCO2R,
      5. Conventional ECMO,
      6. Endotracheal Intubation,
      7. Invasive Surgical Mitral Valve Repair.

III. Failure to abide by Oregon's Death with Dignity Act;
   a. Failure to authorize who may initiate a written request for medication.
   b. Failure to attest that to the best of knowledge and belief Mrs. Kucera is capable, acting voluntarily and is not being coerced to sign the request.
   c. Failure to determine Mrs. Kucera is capable and has made the request voluntarily.
   d. Failure to ensure Mrs. Kucera is making an informed decision.

   e. Failure to explain the potential risks associated with taking the medication to be prescribed.
   f. Failure to refer Mrs. Kucera for potentially suffering from a psychiatric or psychological disorder or depression causing impaired judgment.
   g. Failure to offer the right to rescind the request for medication.
   h. Failure to receive a second oral request no less than fifteen (15) days after making the initial oral request.

IV. Failure to abide by FDA regulations;
   a. "HIGHLIGHTS OF PRESCRIBING INFORMATION, MORPHINE, SULFATE INJECTION, PRESERVATIVE-FREE Solution for Intravenous Use, CII Initial U.S. Approval: 1984, "CONTRAINDICATIONS"; it is contraindicated to prescribe morphine for, "Respiratory depression in the absence of resuscitative equipment".

6.

At all material times herein, defendant's Good Samaritan Regional Medical Center and Samaritan Evergreen Hospice are Health Care Facilities located in Linn and Benton Counties, Oregon.

7.

At all material times herein, defendant Katrina G. Hoffman, is employed by Samaritan Evergreen Hospice and provided medical care and treatment to Mrs. Kucera at the Evergreen Hospice in Linn County, Oregon.

8.

On September 8, 2016, at approximately 4:45 PM, Joseph visited Mrs. Kucera at the Samaritan Evergreen Hospice, she was lying on a bed in an empty room in the absence of oxygen/resuscitative equipment. Mrs. Kucera was unresponsive to verbal ques and a pressure applied to her Buccal nerve, caused by methodological morphine accelerated morbidity.

9.

On September 8, 2016, at approximately 8:25 PM. Katrina G. Hoffman, acting as Attending Physician administered a lethal dose of morphine, without Mrs. Kucera's knowledge or informed consent, unnaturally and unlawfully ending Mrs. Kucera's life.

10.

Immediate Cause of Death: Type II Respiratory Failure ["ICD-10-CM Diagnosis Code J96.20 - Acute and chronic respiratory failure [AKA Type 2 respiratory failure], unspecified whether with hypoxia or hypercapnia."] , Approximate Interval: minutes before Onset to Death, Due to Morphine Toxicity; induced analgesia, hypotension, and bradycardia, Approximate Interval: weeks before Onset to Death. Cause of Death, non-natural: accident, suicide, homicide or could not be determined. (15)

11.

On September 12, 2016, Katrina G. Hoffman electronically signed the Certificate of Death (Exhibit 1). Citing; "the Immediate Cause of Death: Congestive Heart Failure" ["ICD-10 has no code for "congestive" heart failure."], "Approximate Interval: weeks before Onset to Death, Due to: Right sided ventricular failure" ["ICD-10-CM Diagnosis Code I50.810"], "Approximate Interval: years before Onset to Death, Due to: Pulmonary hypertension, Cause Approximate Interval: years before Onset to Death.", "Other significant conditions contributing to death, Atrial fibrillation, essential hypertension, obesity.", "Manner of Death, Natural."

CAUSES OF ACTION

12.

Plaintiff is entitled to recover damages from defendant's jointly and each of them based on the theories of liability hereinafter enumerated in Counts I – IV and under such that other theories of liability as may be appropriate based upon the facts as alleged herein or as revealed during discovery.

COUNT I – NEGLIGENCE PER SE

(Defendant's Good Samaritan Regional Medical Center, Samaritan Evergreen Hospice)

13.

Plaintiff realleges paragraphs 1-11 as though fully set forth herein.

14.

Defendant's Good Samaritan Regional Medical Center and Samaritan Evergreen Hospice owed a duty of care to patients, like Mrs. Kucera, under its care and control.

15.

Defendant's Good Samaritan Regional Medical Center and Samaritan Evergreen Hospice breached such duty when it failed to perform according to the prevailing standards for hospitals while caring for Mrs. Kucera's, in that the health care facilities failed to employ proper procedures for diagnosing and treating Mrs. Kucera.

16.

Defendant's Good Samaritan Regional Medical Center and Samaritan Evergreen Hospice breach of duty was the cause in fact that led to Mrs. Kucera's death.

COUNT II – NEGLIGENCE PER SE

(Defendant Katrina G. Hoffman)

17.

Plaintiff realleges paragraphs 1-11 as though fully set herein.

18.

Defendant Katrina G. Hoffman owed a duty of care to patients, like Mrs. Kucera, under her care and control.

19.

Defendant Katrina G. Hoffman's failure to follow procedure as Attending Physician pursuant to Oregon's Death with Dignity Act was the cause in fact that led to Mrs. Kucera's death.

COUNT III – FORGERY

(Defendant Katrina G. Hoffman)

20.

Plaintiff realleges paragraphs 1-11 as though fully set herein.

21.

Katrina G. Hoffman committed Forgery when she knowingly signed her name as Attending Physician and Medical Certifier on Mrs. Kucera's Certificate of Death for purposes of injuring and defrauding Mrs. Kucera.

COUNT IV – MEDICAL MALPRACTICE

(Defendant's Good Samaritan Regional Medical Center,
Samaritan Evergreen Hospice, and Katrina G. Hoffman)

22.

Plaintiff realleges paragraphs 1-11 as though full set herein.

23.

At all times material, defendant's Good Samaritan Regional Medical Center Samaritan Evergreen Hospice, and Katrina G. Hoffman knew or should have known of the FDA Contraindicated prescribing and administration of the Schedule 2 Drug, Morphine, for Respiratory depression in the absence of resuscitative equipment.

24.

At all times material, defendant's Good Samaritan Regional Medical Center and Samaritan Evergreen Hospice and Katrina G. Hoffman knew or should have known of the procedures pursuant to Oregon's Death with Dignity Act and the protection it provides for Oregon's most vulnerable individuals against the financial interests of outside parties.

25.

As a result of the negligence of the defendant's, plaintiff has been forced to incur lost life.

WHEREFORE, on each individual claim set forth herein, plaintiff prays for judgment against defendant's, and each of them, as follows:

For economic damages in the amount of: n/a (subject to pre-trial amendment)

For noneconomic damages in the amount of: n/a (subject to pre-trial amendment)

For costs and disbursements incurred herein; and for such other relief as the court deems equitable and just.

DATED this ____ day of August, 2019

_____

S. Joseph Barrett, Attorney for Plaintiff
Phone: (541) 207-7096
Email: corvallis.cascadianow@gmail.com

IN THE CIRCUIT COURT FOR THE STATE OF OREGON

FOR THE COUNTY OF BENTON

S. JOSEPH BARRETT, Grandson to FRANCES M. KUCERA, Deceased Plaintiff, vs. GOOD SAMARITAN REGIONAL MEDICAL CENTER, SAMARITAN EVERGREEN HOSPICE, and KATRINA G. HOFFMAN, MSN, FNP Defendants. .	**CASE NO.** **PLAINTIFF'S FIRST REQUEST FOR PRODUCTION** TO: DEFENDANT GOOD SAMARITAN REGIONAL MEDICAL CENTER

TO: Defendant Good Samaritan Regional Medical Center via service with Summons and Complaint

Pursuant to ORCP 36 and ORCP 43, Plaintiff S. Joseph Barrett hereby serves this Request for Production on Defendant Good Samaritan Regional Medical Center. Plaintiff requests that defendant Good Samaritan Regional Medical Center produce for inspection and copying all requested documents on or before 45 days from the date of service to S. Joseph Barrett at PO BOX 1063, Klamath Falls, OR 97601

INSTRUCTIONS

This request for Production extends beyond documents within Defendant's immediate possession. It includes documents within Defendant's custody or control, or the custody or control of Defendant's agents, attorneys, representatives, employees, heirs, successors, and assigns, regardless of where located. Therefore, this request may require Defendant or Defendant's attorneys to seek and obtain the requested documents. If any previously known document is no longer in Defendant's possession or control, the Defendant must state whether it is: (a) missing or lost, (b) destroyed, (c) transmitted or transferred to others, or (d) otherwise disposed of. Explain the circumstances and provide the date surrounding the loss of possession of the document, including any authorization for its transfer or disposition, if applicable. If any of the proceeding information is unavailable, state the means of obtaining such information. Any documents or responses to the following requests for production that are withheld for any reason, including assertion of any applicable privilege, shall be designated as such, and shall be identified by describing the type of document, the creator of the document, the recipient (if any) of the document, including any individuals or entities to whom copies of the document have been provided, and a description of the nature of the document so as to reveal the information contained therein for purposes of determining whether the asserted privilege is applicable. To the extent that you believe any of the following requests to be objectionable, answer so much of each and each part thereof that is not, in your view, objectionable. This request is a continuing request until the time of trial. Any additional documents within the scope of this request shall be made available for inspection to Plaintiff's attorneys as soon as any such document comes within Defendant's possession, custody, or control.

DEFINITIONS

"And" and "or" shall be construed conjunctively and disjunctively to require the broadest disclosure of documents within the scope of this Request.

"Complaint" means the state court complaint filed by Plaintiff and initiating this legal action in Linn-Benton County Circuit Court, Case No. _____

"Defendant" means Good Samaritan Regional Medical Center.

"Document" means written, drawn, recorded, filmed, or graphic matter, however produced, reproduced, or stored, including tangible things, recorded communications of any kind, and electronic information. The term refers to the original unless copies are available in identical form and content, or unless the original is no longer available. The term shall be construed in the broadest sense allowable under the ORCPs and other applicable law.

"Plaintiff" means Frances M. Kucera.

"Relevant Time Period" means September 8, 2016, through the present, unless otherwise defined in an individual request.

"You" and "your" means Defendant and any agents, family members, and/or representatives acting on Defendant's behalf.

DOCUMENTS REQUESTED

Request for Production No. 1: Consulting physician confirmation (ORS 127.820 s.3.02.) Before a patient is qualified under ORS 127.800 to 127.897, a consulting physician shall examine the patient and his or her relevant medical records and confirm, in writing, the attending physician's diagnosis that the patient is suffering from a terminal disease, and verify that the patient is capable, is acting voluntarily and has made an informed decision. [1995 c.3 s.3.02]

Response:

Request for Production No. 2: Counseling referral. (ORS 127.825 s.3.03.) If in the opinion of the attending physician or the consulting physician a patient may be suffering from a psychiatric or psychological disorder or depression causing impaired judgment, either physician shall refer the patient for counseling. No medication to end a patient's life in a humane and dignified manner shall be prescribed until the person performing the counseling determines that the patient is not suffering from a psychiatric or psychological disorder or depression causing impaired judgment. [1995 c.3 s.3.03; 1999 c.423 s.4]

Response:

Request for Production No. 3: Informed Decision (127.830 s.3.04) No person shall receive a prescription for medication to end his or her life in a humane and dignified manner unless he or

she has made an informed decision as defined in ORS 127.800 (7). Immediately prior to writing a prescription for medication under ORS 127.800 to 127.897, the attending physician shall verify that the patient is making an informed decision. [1995 c.3 s.3.04]

Response:

Request for Production No. 4: Family Notification (ORS 127.835 s.3.05) The attending physician shall recommend that the patient notify the next of kin of his or her request for medication pursuant to ORS 127.800 to 127.897. A patient who declines or is unable to notify next of kin shall not have his or her request denied for that reason. [1995 c.3 s.3.05; 1999 c.423 s.6]

Response:

Request for Production No. 5: Written and Oral requests (ORS 127.840 s.3.06) In order to receive a prescription for medication to end his or her life in a humane and dignified manner, a qualified patient shall have made an oral request and a written request, and reiterate the oral request to his or her attending physician no less than fifteen (15) days after making the initial oral request. At the time the qualified patient makes his or her second oral request, the attending physician shall offer the patient an opportunity to rescind the request. [1995 c.3 s.3.06]

Response:

Request for Production No. 6: Right to rescind request (ORS 127.845 s.3.07) A patient may rescind his or her request at any time and in any manner without regard to his or her mental state. No prescription for medication under ORS 127.800 to 127.897 may be written without the attending physician offering the qualified patient an opportunity to rescind the request. [1995 c.3 s.3.07]

Response:

Request for Production No. 7: Waiting periods (ORS 127.850 s.3.08.) No less than fifteen (15) days shall elapse between the patient's initial oral request and the writing of a prescription under ORS 127.800 to 127.897. No less than 48 hours shall elapse between the patient's written request and the writing of a prescription under ORS 127.800 to 127.897. [1995 c.3 s.3.08]

Response:

Request for Production No. 8: Medical record documentation requirements. (ORS 127.855 s.3.09) The following shall be documented or filed in the patient's medical record:

(1) All oral requests by a patient for medication to end his or her life in a humane and dignified manner;

(2) All written requests by a patient for medication to end his or her life in a humane and dignified manner;

(3) The attending physician's diagnosis and prognosis, determination that the patient is capable, acting voluntarily and has made an informed decision;

(4) The consulting physician's diagnosis and prognosis, and verification that the patient is capable, acting voluntarily and has made an informed decision;

(5) A report of the outcome and determinations made during counseling, if performed;

(6) The attending physician's offer to the patient to rescind his or her request at the time of the patient's second oral request pursuant to ORS 127.840; and

(7) A note by the attending physician indicating that all requirements under ORS 127.800 to 127.897 have been met and indicating the steps taken to carry out the request, including a notation of the medication prescribed. [1995 c.3 s.3.09]

Response:

DATED this ____ day of August, 2019.

_____

S. Joseph Barrett, Attorney for Plaintiff
Phone: (541) 207-7096
Email: corvallis.cascadianow@gmail.com

NATURAL LAWS

Normally, [Carbon dioxide /] CO2 is eliminated through our lungs with normal respiration.(*) Rapid elevation in arterial carbon dioxide tension produces an uncomfortable respiratory sensation accompanied by a headache in normal subjects (3) "Carbon dioxide is a by-product of food metabolism and in high amounts has toxic effects including: dyspnea, acidosis and altered consciousness." (1) [also known as. "ASC" or "Altered States of Consciousness"] (22, Figure 4)

"Whenever these [Dyspnea] mechanisms produce an overall respiratory pattern where an increased requirement for ventilation is balanced by an expected increase in respiratory output, no sensation of abnormal breathing occurs. When respiratory output [and/or input] is in some way inappropriate for ventilation requirements, the conscious sensation of this inappropriateness results in the sensation of breathlessness also known as known as dyspnea, refractory dyspnea/breathlessness. (13)

"Prevalence - Dyspnea (shortness of breath) is a common symptom affecting as many as 25% of patients seen in the ambulatory setting." (13)

[Dyspnea /] Breathlessness, the subjective experience of breathing discomfort-is [a result of elevated co2 levels, /and/or] a symptom in many pulmonary, cardiovascular, and neuromuscular diseases [Table of vast interrelated accompanying diseases(5)] . It occurs in normals as well during intense emotional states and heavy labor or exercise (4)

Intense emotional states [/psychogenic diseases] include PTSD (8), Depression, Anxiety (*, 14), Panic Attacks, Grieving (13), [amongst an ever-growing spectrum of related Psychogenic diseases and maladaptive response mechanisms] (*)

"They [/ Intense Emotional States] confirm that the response to separation has deep evolutionary roots and some biological impact on systems controlling vital processes of sleeping, circulation, thermoregulation, and immune surveillance."(13)

"Most important, animal studies provide new conceptual models for approaching an understanding of human bereavement. Examples are given in the section on social relationships as biological regulators and in Chapter 7. In an additional example, a single aspect of grief can

be isolated and studied in terms of its biological substrate, as in the work of Weiss on learned helplessness"(13) "The symptoms of sighing respiration, dyspnea, substernal tightness, palpitation, weakness, and crying suggest that tests should be made of respiratory control and blood gases, autonomic function (particularly in the cardiovascular system), and energy metabolism (including the rapidly responding hormone systems of the pituitary, thyroid, and adrenal glands)."(13)

Symptoms of dyspnea include:

i. shortness of breath after exertion or due to a medical condition.
ii. feeling smothered or suffocated as a result of breathing difficulties.
iii. labored breathing.
iv. tightness in the chest.
v. rapid, shallow breathing.
vi. heart palpitations.
vii. wheezing.
viii. Coughing.

"Point of Care testing (POCT) is the term used for bedside tests that are usually performed on critically sick patients in intensive care units, emergency rooms, operating rooms, pre-hospital settings and inside transport ambulances. Delay in laboratory results due to delay in transport and analysis of sample can be critical in the management of pediatric patients. "(18) "Commonly applied tests as POCT in pediatric emergency include bedside dextrose, arterial blood gas [ABG] analysis that help in detecting O2 and CO2 disturbances, acid base status, electrolytes and hematocrit." (18)

In ABG analysis; CO2 as well as pH are used as common factors when making decisions concerning diagnosis, for their (decrease or increase from baseline normal: pH 7.35 in) levels also suggest ASC (*, 2, 8, 23)

Vital Signs

1. Heart rate (pulse): 60-100 bpm
2. Respiratory rate: 16-20 breaths per minute

3. Blood pressure: 120/80 mm Hg
4. Temperature: 98°F (36.6°C) to 98.6°F (37°C)
5. ABG analysis (necessary for maintaining consciousness)
   i. pH - 7.35-7.45
   ii. Co2 35-45
   iii. Po2 80-100
   iv. Hco3 22-26
   v. O2 Sat. 95-100%

(6) Most doctors struggle with arterial blood gas (ABG) interpretation. ABG interpretation is easy, break it down into steps;

1. The first priority for the respiratory system is pH
2. If partial pressure of carbon dioxide (pCO2) goes down, partial pressure of oxygen (pO2) should go up

[Elevated pH /] Alkalosis symptoms include: difficulty [refractory] breathing, nausea, numbness, tremors, confusion, stupor and coma (7)

[Reduced pH /] Acidosis Symptoms include: rapid and shallow breathing, shortness of breath, fatigue or drowsiness, becoming tired easily, confusion, headache, lack of appetite, increased heart rate. (11/5)

SUMMARY

(19) Morphine's side effect: slowed breathing (lower than average/natural respiratory rate (RR)) directly affects the magnitude of alveolar ventilation and subsequently it's ratio to blood flow (which is also decreased by morphine in the cerebral and gastrointestinal areas (10)

i. For each gas exchanging unit, the alveolar and effluent blood partial pressures of oxygen and carbon dioxide (PO2 and PCO2) are determined by the ratio of alveolar ventilation to blood flow ($V'A/Q'$) for each unit.
   1. Alveolar ventilation (the volume of gas per minute that participates in gas exchange) to blood flow
      a. AV / BF or ($V'A/Q'$)

2. Effective alveolar ventilation = $\dot{V}A$
    a. $\dot{V}A = RR \times (VT - VD)$, where RR is respiratory rate, or as $\dot{V}A = \dot{V}E \times (1 - VD/VT)$, minute ventilation minus wasted ventilation
3. Minute ventilation of 7.5 L·min⁻¹ and a normal VD/VT of 0.3 results in effective alveolar ventilation of 5.25 L·min⁻¹.
4. Chronic lung disease might increase VD/VT to ≥0.8;

CONCLUSION - Primum non nocere.

Declining consciousness and/or cognitive state are expected when patients are near death. The ability to give even the simplest self-report (yes or no) is lost in the near-death phase of terminal illness yet the ability to experience distress may persist and may be overlooked and undertreated or overtreated. (7) In the case of Mrs. Kucera, overtreated.

"The additional complexity and challenges of off-label morphine prescription to respiratory patients reinforce the urgent need for further research in this clinical setting. In the interim, when considering morphine for patients with advanced respiratory disease and refractory breathlessness, we should remember, "first, do no harm". (27)

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FIGURES

FIG. 1 ABG vitals

H^+	Hydrogen ions, inversely proportional to pH	35-45 nmol/L
pH	Acidity/alkalinity	7.35-7.45
paO_2	Partial pressure of oxygen in arterial blood	80-100 mmHg
SaO_2	Arterial oxygen saturation	95-100%
$paCO_2$	Partial pressure of CO_2 in arterial blood	35-45 mm Hg
HCO^3	Bicarbonate in blood	22-26 mEq/L
BE	Base excess (amount of excess or insufficient amount of base in blood)	−2 to+2 mmol/L

-ve in acidosis, +ve in alkalosis

CO_2: Carbon dioxide

FIG. 2 Vent. Req's

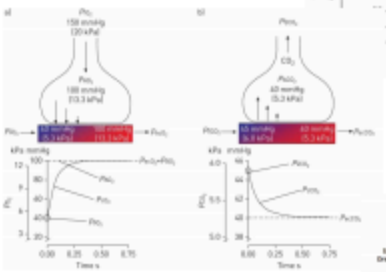

FIG. 3 RR to o2/co2 ratio

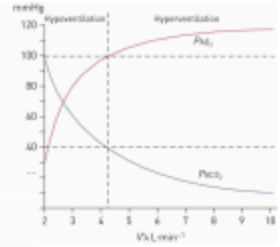

FIG. 4 Psychobiology of ASC

FIG. 5 CELLULAR OXYGEN REQ's

FIG. 6 TYPICAL OXYGEN ALERT CARD

Oxygen alert card

Name: _____

I am at risk of type II respiratory failure with a raised CO_2 level.

Please use my % Venturi mask to achieve an oxygen saturation of ____% to ____% during exacerbations

Use compressed air to drive nebulisers (with nasal oxygen at 2 l/min). If compressed air not available, limit oxygen-driven nebulisers to 6 minutes.

FIG. 7

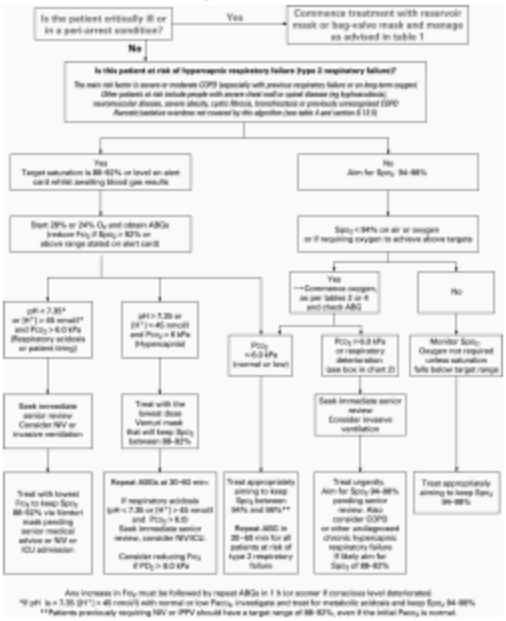

FIG. 8 – Dyspnea Self-rating scale

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2374383/

FIG 9. – Mrs. Kucera's State of Oregon Death Certificate

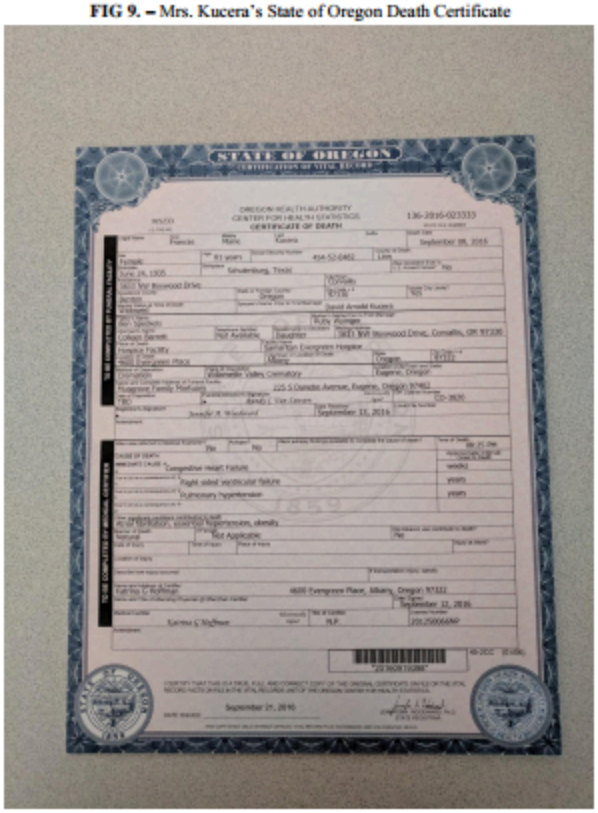

FIG. 10 – FDA Morphine Sulfate Injection Label

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HIGHLIGHTS OF PRESCRIBING INFORMATION
These highlights do not include all the information needed to use MORPHINE SULFATE INJECTION USP safely and effectively. See full prescribing information for MORPHINE SULFATE INJECTION USP, MORPHINE SULFATE INJECTION USP, PRESERVATIVE-FREE, Solution for Intravenous Use, CII
Initial U.S. Approval: 1941

INDICATIONS AND USAGE
Morphine sulfate is an opioid agonist indicated for the management of pain not responsive to non-narcotic analgesics. (1)

DOSAGE AND ADMINISTRATION
- Dose Intravenous Injection: The usual starting dose in adults is 0.1 mg to 0.2 mg per kg every 4 hours as needed for pain management. The dose should be adjusted according to the severity of pain, the occurrence of adverse events, as well as the patient's underlying disease, age, and size. (2.2, 2.3)

DOSAGE FORMS AND STRENGTHS
- Morphine Sulfate Injection USP: 2 mg/mL, 4 mg/mL, 5 mg/mL, 10 mg/mL, and 15 mg/mL, is available in single-use Carpuject™ and Syccet™ syringes for intravenous administration. (3)

CONTRAINDICATIONS
- Known hypersensitivity or allergy to morphine (4)
- Bronchial asthma or upper airway obstruction (4)
- Respiratory depression in the absence of resuscitative equipment (4)
- Paralytic ileus (4)

WARNINGS AND PRECAUTIONS
- **Dosing errors: Take care when prescribing and administering to avoid dosing errors due to confusion between different concentrations and between mg and mL, which could result in accidental overdose and death. (5.1)**
- Cardiovascular instability: High doses are excitatory, resulting from sympathetic hyperactivity and increase in circulatory catecholamines (5.2)
- Respiratory depression: Rapid intravenous administration may result in chest wall rigidity (5.3)
- CNS toxicity: High doses are excitatory, resulting in convulsions (5.4)
- CNS Depressants: May increase the risk of respiratory depression, hypotension, sedation, coma, or death if use in conjunction with other CNS active drugs (5.6)
- Increased intracranial pressure or head injury: May increase respiratory depressant effects and elevate cerebrospinal fluid pressure (5.7)
- Hypotensive effect: May cause hypotension in ambulatory patients (5.8)
- Gastrointestinal effects: May diminish propulsive peristaltic waves in the gastrointestinal tract and prolong constipation (5.10)
- Biliary surgery or disorders of biliary tract: May cause spasm of the sphincter of Oddi and diminish biliary and pancreatic secretions (5.10)

ADVERSE REACTIONS
The most serious adverse reaction encountered is respiratory depression, apnea, circulatory depression, respiratory arrest, shock, and cardiac arrest. Other common frequently observed adverse reactions include: sedation, lightheadedness, dizziness, sensus, vomiting, and constipation. (6)

To report SUSPECTED ADVERSE REACTIONS, contact Hospira, Inc. at 1-800-441-4100 or FDA at 1-800-FDA1-1088 or www.fda.gov/medwatch.

DRUG INTERACTIONS
- CNS depressants: May increase the risk of respiratory depression (7.1)
- Muscle relaxants: May enhance the neuromuscular blocking action of skeletal muscle relaxants and produce respiratory depression (7.2)
- Mixed agonist/antagonist opioid analgesics: May reduce the analgesic effect and/or may precipitate withdrawal symptoms (7.3)
- Cimetidine: May increase respiratory and CNS depression (7.4)
- Anticholinergics: May increase the risk of urinary retention, severe constipation, or paralytic ileus (7.6)

USE IN SPECIFIC POPULATIONS
- Pregnancy: Based on animal data, may cause fetal harm. (8.1)
- Pediatric patients: Safety and effectiveness and the pharmacokinetics of Morphine Sulfate Injection in pediatric patients below the age of 18 have not been established. (8.4)
- Geriatric patients: Use caution during dose selection, starting at the low end of the dosing range while carefully monitoring for side effects. (8.5)
- Renal and hepatic impairment: Start patients at lower doses and titrate cautiously. (8.7, 8.8)

See 17 for PATIENT COUNSELING INFORMATION.

Revised: 11/2011

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Reference ID: 3043802

(operant conditioning kiwiv) In operant conditioning, stimuli present when a behavior is rewarded or punished come to control the behavior. In contrast, classical conditioning involves involuntary behavior based on the pairing of stimuli with biologically significant events. The study of animal learning in the 20th century was dominated by the analysis of these two sorts of learning, and they are still at the core of behavioral analysis

1. Classical Conditioning (CC)
    1. Rules of CC
        1. Unconditioned Stimulus (US)– naturally biologically potent
        2. Unconditioned Response (UR)– unlearned / naturally present reflex response
        3. Conditioned Stimulus (CS) – A Neutral stimulus paired with Unconditioned Stimulus / naturally biologically potent stimulus
        4. Conditioned Response (CR) – any new response to the previously neutral CS that can be clearly linked to experience with the conditional relationship of CS and US
    2. 1927 - CONDITIONED REFLEXES (AKA) Pavlov's Dogs
        1. p408 - The passive defence reflex stands in a definite connection with the hypnotic state. As I suggested previously (p. 312) the old form of hypnosis in animals may be regarded with reason as a reaction of passive self preservation, occurring when the animal meets with some **very powerful or extraordinary external stimulus**, and consisting in a more or less profound immobilization of the animal by means of inhibition
        2. p410 - I would like to turn briefly to the experiments described at the end of the preceding lecture. If on repeating them in different variations the preliminary results should find full confirmation, these results will throw some light upon one of the darkest points of our subjective self namely, upon the relations between the conscious and the unconscious. The experiments if confirmed will have demonstrated that such an important cortical function as synthesis (" association ") may take place even in those cortical aréas which are in a state of inhibition on account of the existence at that moment of a predominant focus of strong excitation. Though the actual synthesizing ("associating") activity may not enter our field of conscious-ness the synthesis ("association")may nevertheless take place, and under favourable conditions it may enter the field of consciousness as a link already formed, seeming to originate spontaneously.
    3. "Pavlovian induced priors"
2. Operant Conditioning (OC)
    1. Rules of OC
        1. Positive- add stimulus following behavior
            1. Reward – stimulus is appetitive / desirable
            2. Punishment – stimulus is noxious / undesirable
        2. Negative – remove stimulus following behavior
            1. Reward – stimulus is noxious / undesirable
            2. Punishment – stimulus is appetitive / desirable
    2. 1930 - OC Chamber
        1. An operant conditioning chamber (also known as a Skinner Box) is a laboratory apparatus used in the experimental analysis of animal behavior. It was invented by Skinner while he was a graduate student at Harvard University. As used by Skinner, the box had a lever (for rats), or a disk in one wall (for pigeons). A press on this "manipulandum" could deliver food to the animal through an opening in the wall, and responses reinforced in this way increased in frequency. By controlling this reinforcement together with discriminative stimuli such as lights and tones, or punishments such as electric shocks, experimenters have used the operant box to study a wide variety of topics, including schedules of reinforcement, discriminative control, delayed response ("memory"), punishment, and so on
    3. 1938 - REINFORCEMENT THEORY – Behavior of Organisms
        1. p435 - objection may be levelled against Lewin's concepts of **vectors and valences** (58). Such a system applies readily to behavior which can be conceived of as orientation or move- ment in a field of force and where the stimulus can be said to generate such a field, d, but it is not an expedient system for handling other kinds of behavior in response to other kinds of stimuli. Field behavior of this sort may also presumably be treated in terms of stimulus and response as here defined, and greater generality may therefore be claimed for the reflex. Another **advantage of the reflex** over the vector or valence is that behavior is defined with a sharper reference to the topography of the organism,
    4. 1948 - "Superstition of the Pigeon"
3. Motivation
    1. Rules of Motivation
        1. Extrinsic Motivation – Engaging in Behavior for an External reward
            1. 1943 - Theory of Human Motivation Summary/ Hierarchy of Needs
                1. 'There are at least five sets of goals, which we may call basic needs. These are briefly physiological, safety, love, esteem, and self-actualization. In addition, we are motivated by the desire to achieve or maintain the various conditions upon which these basic satisfactions rest and by certain more intellectual desires."
                2. "These basic goals are related to each other, being arranged in a hierarchy of prepotency. This means that the most prepotent goal will monopolize consciousness and will tend of itself to organize the recruitment of the various capacities of the organism. The less prepotent needs are minimized, even forgotten or denied. But when a need is fairly well satisfied, the next prepotent ('higher') need emerges, in turn to dominate the conscious life and to serve as the center of organization of behavior, since gratified needs are not active motivators. Thus man is a perpetually wanting animal. Ordinarily the satisfaction of these wants is not altogether mutually exclusive, but only tends to be. The average member of our society is most often partially satisfied and partially unsatisfied in all of his wants. The hierarchy principle is usually empirically observed in terms of increasing percentages of non-satisfaction as we go up the hierarchy. Reversals of the average order of the hierarchy are sometimes observed. Also it has been observed that an individual may permanently lose the higher wants in the hierarchy under special conditions. There are not only ordinarily multiple motivations for usual behavior, but in addition many determinants other than motives.
                3. "Any thwarting or possibility of thwarting of these basic human goals, or danger to the defenses which protect them, or to the conditions upon which they rest, is considered to be a psychological threat. With a few exceptions, all psychopathology may be partially traced to such threats. A basically thwarted man may actually be defined as a 'sick' man, if we wish.
                4. "It is such basic threats which bring about the general emergency reactions"

        5. cross-cultural examination of
    2. Intrinsic – Engaging in Behavior in the absence of an external reward
        1. rats will incur pain, and hungry monkeys will pass up food, to get the opportunity to explore a new area of their enclosure
            1. berlyne1950 - "Novelty and Curiosity as Determinants of Exploratory Behavior
                1. Preliminary observations showed that if animals were placed in the maze without prior habituation, they showed considerable anxiety. This was first indicated by great cautioueness of movement and excessive urination and defamation. Later there was a pt period of feverish exploration, during which animals ignored food even though they had not eaten for 24-36 hours. These observations suggest that 'curiosity' is perhap more closely related to anxiety than is ordinarily supposed (@l
            2. harlow1950 - Learning and Satiation of Response in intrinsically motivated complex puzzle performance
                1. (1) Two rhesus monkeys were given 60 two-hour sessions over a twelve-day period for solution of a six-device mechanical puzzle in the absence of externally provided rewards (The monkeys had access at all times through a runway, to a larger outside living cage). Behavior was observed during the first five minutes of each session, and records were made also of manipulations accomplished by the end of each two-hour session. (2) On the thirteenth day, each subject was presented with the puzzle 100 times at six-minute intervals. (3.) The ratio of incorrect to correct responses dropped progressively and significantly during the course of the learning period. Number of correct responses and number of correct responses in the first five minutes of the session increased for both subjects. (4.) Number of devices manipulated on the satiation day decreased during the course of the day, although number of attacks did not change significantly. (5.) A manipulation drive interpretation is offered to account for the finding
        2. deci1971 – Effects of externally mediated rewards n intrinsic motivation
            1. "The results indicate that (a) when money was used as an external reward, intrinsic motivation tended to decrease, whereas (b) when verbal reinforcement and positive feedback were used, intrinsic motivation tended to increase. "
            2. money may work to "buy off" one's intrinsic motivation for an activity. And this decreased motivation appears (from the results of the field experiment) to be more than just a temporary phenomenon.
            3. Self-determination theory (Deci and Ryan)
                1. 3 essential elements:
                    1. Humans are inherently proactive with their potential and mastering their inner forces (such as drives and emotions)
                    2. Humans have an inherent tendency toward growth development and integrated functioning
                    3. Optimal development and actions are inherent in humans but they don't happen automatically
3. Addiction
    1. alexander1981 – **Rat Park - "Effect of Early and Later Colony Housing on Oral Ingestion of Morphine in Rats"**
        1. Male and female rats were raised from weaning either in isolation or in a large colony. At 65 days of age, half the rats in each environment were moved to the other. At 80 days, the animals were given continuous access to water and to a sequence of 7 solutions: 3 sweet or bitter-sweet control solutions and 4 different concentrations of morphine hydrochloride (MHCl) in 10% sucrose solution. Rats housed in the colony at the time of testing drank less MHCl solution than isolated rats, but no less of the control solutions. Colony-dwelling rats previously housed in isolation tended to drink more MHCl solution than those housed in the colony since weaning, but this effect reached statistical significance only at the lowest concentration of MHCl. These data were related to the hypothesis that colony rats avoid morphine because it interferes with complex, species-specific behavior.
        2. the caged group continued to partake in the morphine; the rat-park group, even when already addicted, however, did not choose the morphine solution regularly and in fact decreased their morphine use, despite withdrawal
        3. rats have a sweet tooth and are rarely, if ever known to turn down dessert.... Because plain morphine is bitter, and rats hate bitterness, the researchers gave both sets of rats morphine-laced water sprinkled with sucrose... They consistently showed preference for the straight H2O and when the two groups were compared, the caged isolated rats drank up to sixteen times more than the park residents... When the researchers added Naloxone... the rat-park rats reversed their aversion to the narcotic water and drank it... this rather stunning finding shows...how rats, when in a "friendly" place, will actually avoid anything, heroin included, that interrupts their normal social behaviors.
    2. 2017 – **The Poison That Ruined the Nation**
        1. Theory of Recovery through Retraditionalization and Identity Expansion grounded in data
            1. Retraditionalization as a means to sobriety has been well documented (Arbogast, 1995). Healing initiatives based on aspects of retraditionalization hold the greatest promise (Legha & Novins, 2012; Nebelkopf & Phillips, 2004; Peters et al., 2014). Numerous internationally renowned addictions programs have achieved notoriety with this premise (Garrett & Carroll, 2002; McCormick, 2000; Schinke et al., 1988). This study examined the narratives of Native men who have achieved sobriety for their perspectives on how and why connecting with Elders and traditional culture helped them. Consistent with other research (Gordon, 1994; Kinney & Copans, 1989; Thomason, 2000; Thurber & Thomason, 1998), participants reported ineffective and negative experiences with Western treatments and AA because of cultural differences and insensitivity. Many leading researchers and practitioners have recommended that the Native American client's level of acculturation or identification with traditional tribal values be assessed to determine the goodness of fit for Nativized or syncretic approaches. This small qualitative study suggests something very different in that it was the retraditionalization process itself and exposure to traditional tribal values and healing modalities that were key elements of change. The incorporation of a new aspect of identity as a "traditional" person was key to helping these men achieve sobriety.
        2. Stages of Recovery Through Retraditionalization:
            1. Crisis
            2. Healing
            3. Modeling
            4. Meaning
            5. Social Action
            6. Identity Expansion

4. Conformity / De-individuation / Moral Disengagement / Family Envelope...
    1. asch-1955 – Opinions and Social Pressure
        1. 63.2% of participants responses remained correct
        2. 36.8% of participants conformed to the actors' (incorrect) answer
        3. 5% of participants were always swayed by the crowd
        4. 25% of the participants consistently defied majority opinion
        5. 75% of participants gave at least one incorrect answer out of the 12 critical trials
        6. with no pressure to conform, the error rate on the critical stimuli was less than 1%
    2. Obedience to Authority
        1. milgram1963 – **"Behavioral Study of Obedience"**
            1. 65% of experiment participants administered the experiment's final massive 450-volt shock
        2. Trust (socio)(also a useful heuristic(psycho))
            1. Another explanation[23] of Milgram's results invokes belief perseverance as the underlying cause. What "people cannot be counted on is to realize that a seemingly benevolent authority is in fact malevolent, even when they are faced with overwhelming evidence which suggests that this authority is indeed malevolent. Hence, the underlying cause for the subjects' striking conduct could well be conceptual, and not the **alleged 'capacity of man to abandon his humanity ... as he merges his unique personality into larger institutional structures.'"**
            2. Ordinary people, simply doing their jobs, and without any particular hostility on their part, can become agents in a terrible destructive process. Moreover, even when the destructive effects of their work become patently clear, and they are asked to carry out actions incompatible with fundamental standards of morality, relatively few people have the resources needed to resist authority
        3. Attachment Model
            1. Harlow's monkeys
            2. Bowlby and the strange protocol
        4. Dyadic Model Of Trust
    3. Learned Helplessness
        1. seligman1972 - Behavioral manifestations.-When an experimentally naive dog receives escape-avoidance training in a shuttle box, the following behavior typically occurs: at the onset of the first painful electric shock, the dog runs frantically about, defecating, urinating, and howling, until it accidentally scrambles over the barrier and so escapes the shock. On the next trial, the dog, running and howling, crosses the barrier more quickly than on the preceding trail. This pattern continues until the dog learns to avoid shock altogether. We have found a striking difference between this pattern of behavior and that exhibited by dogs first given uncontrollable electric shocks in a Pavlovian hammock (1, 2). Such a dog's first reactions to shock in the shuttle box are much the same as those of a naive dog. However, in dramatic contrast to a naive dog, a typical dog which has experienced uncontrollable shocks before avoidance training soon stops running and howling and sits or lies, quietly whining, until shock terminates. The dog does not cross the barrier and escape from shock. Rather, it seems to give up and passively accepts the shock. On succeeding trials, the dog continues to fail to make escape movements and takes as much shock as the experimenter chooses to give.
    4. Bystander Effect
        1. 1968 -
            1. The bystander effect, or bystander apathy, is a social psychological phenomenon in which individuals are less likely to offer help to a victim when other people are present. The greater the number of bystanders, the less likely it is that any one of them will help. Several factors contribute to the bystander effect, including ambiguity, cohesiveness, and diffusion of responsibility that reinforces mutual denial of a situation's severity
            2. An emergency situation is staged and researchers measure how long it takes the participants to intervene, if they intervene. These experiments have found that the presence of others inhibits helping, often by a large margin. For example, Bibb Latané and Judith Rodin (1969) staged an experiment around a woman in distress.
            3. 70 percent of the people alone called out or went to help the woman after they believed she had fallen and was hurt, but when there were other people in the room only 40 percent offered help
            4. Bystander Cognitive Process:
                1. Notice that something is going on - You, the potential helper, must notice an event is occurring
                2. Interpret the situation as being an emergency - You must interpret the event as one in which help is needed
                3. Degree of responsibility felt - You must assume personal responsibility
                4. Form of assistance - You must decide what action to take
                5. Implement the action choice - You must then take action
    5. The Lucifer Effect
        1. 1971 – Stanford Prison Experiment
            1. internalization and projection, "lucifer effect"
5. Working Memory
    1. Working Memory Model (Baddeley's)
        1. Central Executive
            1. Episodic Buffer – Short-term episodic memory
                1. Long-term Episodic memory
            2. Visual-Spatial Sketchpad
                1. Long-term Visual Semantics Memory
            3. Phonological Loop
                1. Long-term Language Memory
    2. 1955 - **Our Capacity for Processing Information**
        1. The number of objects an average human can hold in working memory is 7 ± 2
        2. "You Now Have a Shorter Attention Span Than a Goldfish"
            1. Researchers in Canada surveyed 2,000 participants and studied the brain activity of 112 others using electroencephalograms (EEGs). Microsoft found that since the year 2000 (or about when the mobile revolution began) the average attention span dropped from 12 seconds to eight seconds.

        2. 77% of people aged 18 to 24 responded "yes" when asked, "When nothing is occupying my attention, the first thing I do is reach for my phone," compared with only 10% of those over the age of 65.
3. Heuristics
    1. Heuristics are simple, efficient rules, learned or hard-coded by evolutionary processes, that have been proposed to explain how people make decisions, come to judgments, and solve problems typically when facing complex problems or incomplete information
    2. Where finding an optimal solution is impossible or impractical, heuristic methods can be used to speed up the process of finding a satisfactory solution. Heuristics can be mental shortcuts that ease the cognitive load of making a decision examples that employ heuristics include using a **rule of thumb**, an educated guess, an intuitive judgment, a guesstimate, stereotyping, profiling, or common sense.
    3. tversky1982 – Judgment Under Uncertainty
        1. This article described three heuristics that are employed in making judgments under uncertainty: (i) representativeness, which is usually employed when people are asked to judge the probability that an object or event A belongs to class or process B; (ii) availability of instances or scenarios, which is often employed when people are asked to assess the frequency of a class or the plausibility of a particular development; and (iii) adjustment from an anchor, which is usually employed in numerical prediction when a relevant value is available. These heuristics are highly economical
        2. and usually effective, but they lead to systematic and predictable errors
    4. Stereotypes & Bias,
        1. 1968 – How Discrimination Feels, Jane Elliott Brown Eyes and Blue Eyes - "blue-eyes-brown..."
            1. At first, there was resistance among the students in the minority group to the idea that blue-eyed children were better than brown-eyed children. To counter this, Elliott lied to the children by stating that melanin was linked to their higher intelligence and learning ability. Shortly thereafter, this initial resistance fell away. Those who were deemed "superior" became arrogant, bossy, and otherwise unpleasant to their "inferior" classmates. Their grades on simple tests were better, and they completed mathematical and reading tasks that had seemed outside their ability before. The "inferior" classmates also transformed – into timid and subservient children who scored more poorly on tests, and even during recess isolated themselves, including those who had previously been dominant in the class. These children's academic performance suffered, even with tasks that had been simple before.
            2. To tie the two lessons together, she used the Sioux prayer "Oh great spirit, keep me from ever judging a man until I have walked in his moccasins
            3. The outcomes of a 1990 research study by the Utah State University were that virtually all the subjects reported that the experience was meaningful for them. However, the statistical evidence supporting the effectiveness of the activity for prejudice reduction was moderate; and virtually all the participants, as well as the simulation facilitator, reported stress from the simulation.
        2. rosenhan1973 – Being Sane in Insane Places
            1. It is clear that we cannot distinguish the sane from the insane in psychiatric hospitals. The hospital itself imposes a special environment in which the meanings of behavior can easily be misunderstood. The consequences to patients hospitalized in such an environment the powerlessness, depersonalization, segregation, mortification, and selflabeling-seem undoubtedly countertherapeutic.
    3. Confirmation Bias, Self-Fulfilling Prophecy
    4. Stereotype Threat, Golem Effect
4. Misinformation Effect
    1. loftus1989 – "Misinformation and Memory: The Creation of New Memories"
        1. Misleading information presented after an event can lead people to erroneous reports of that misinformation. Different process histories can be responsible for the same erroneous report in different people. We argue that the relative proportion of times that the different process histories are responsible for erroneous reporting will depend on the conditions of acquisition, retention, and retrieval of information. Given the conditions typical of most misinformation experiments, it appears that misinformation acceptance plays a major role, memory impairment plays some role, and pure guessing plays little or no role.
    2. Loftus1977 - "Manufacturing False Memories Using Bits of Reality"
        1. p206 - The false event was constructed from information provided by the relative who gave us details about a plausible shopping trip. The relative was asked to provide the following kinds of information: (a) where the family would have shopped when the subject was about 5 years old; (b) which members of the family usually went along on shopping trips; (c) what kinds of stores might have attracted the subject's interest; (d) verification that the subject had not been lost in a mall around the age of 5.
        2. p206-207 – 25% [of subjects] remembered the [false] event... results show that people can be led to believe that entire events happened to them after explicit suggestions to that effect.
    3. 2018 - Vosoughi2018 and jasny2018 (lies spread faster) move to misinformation
5. 1996 – Information Theory & The User Illusion
    1. "Information theory – Physiology_britannica"
        1. the human body sends 11 million bits per second to the brain for processing, yet the conscious mind seems to be able to process only 50 bits per second.
        2. sensory system / bits per second
            1. eyes / 10,000,000
            2. skin / 1,000,000
            3. ears / 100,000
            4. smell / 100,000
            5. taste / 1,000
6. The Neuroscience of Freewill
    1. 1985
    2. 2008 – The Timing of the Conscious Intention to Move
        1. The researchers hypothesized that, if our conscious intentions are what causes movement genesis (i.e. the start of an

action), then naturally, our conscious intentions should always occur before any movement has begun. Otherwise, if we ever become aware of a movement only after it has already been started, our awareness could not have been the cause of that particular movement. Simply put, conscious intention must precede action if it is its cause.

2. The researchers found that the time of the conscious intention to move T normally occurred too late to be the cause of movement genesis. See the example of a subject's graph below on the right. Although it is not shown on the graph, the subject's readiness potentials (ERP) tells us that his actions start at –2.8 seconds, and yet this is substantially earlier than his conscious intention to move, time "T" (–1.8 seconds). Matsuhashi and Hallet concluded that the feeling of the conscious intention to move does not cause movement genesis; both the feeling of intention and the movement itself are the result of unconscious processing.

6. Cognitive Dissonance - the mental discomfort (psychological stress) experienced by a person who simultaneously holds two or more contradictory beliefs, ideas, or values. This discomfort is triggered by a situation in which a belief of a person clashes with new evidence perceived by that person.
    1. 4 Paradigms
        1. Belief Dis-confirmation
            1. 1956 – When Prophecy fails
        2. Induced Compliance
            1. aronson1963"Effect of the Severity of Threat on Devaluation of Forbidden Behavior"
        3. Free Choice
            1. brehn1956 – Post-decision changes in desirability of alternatives
        4. Effort Justification
            1. 1959 – Cognitive Consequences of Forced Compliance
                1. aronson1959 – The Effect of Severity of Initiation on Liking for a Group,
                    1. College women who volunteered to participate in discussion groups were randomly assigned to one of three experimental conditions: A Severe initiation condition, a Mild initiation condition, and a Control condition. In the Severe condition, subjects were required to read some embarrassing material before joining the group; in the Mild condition the material they read in order to join the group was not very embarrassing; in the Control condition, subjects were not required to read any material before becoming group members. Each subject listened to a recording that appeared to be an ongoing discussion being conducted by the group which she had just joined. Afterwards, subjects filled out a questionnaire evaluating the discussion and the participants. The results clearly verified the hypothesis. Subjects who underwent a severe initiation perceived the group as being significantly more attractive than did those who underwent a mild initiation or no initiation. There was no appreciable difference between ratings by subjects who underwent a Mild initiation and those by subjects who underwent no initiation.
                2. 2010 – The Neural basis of rationalization - "nsq054.pdf"
                    1. These findings suggest the characteristic rationalization processes that are associated with decision-making may be engaged very quickly at the moment of the decision, without extended deliberation and may involve reappraisal-like emotion regulation processes.
                    2. "neural activities of rationalization occur in seconds, without conscious deliberation on the part of the person; and that the brain engages in emotional responses whilst effecting decisions.[70]" kiwix*(cognitive dissonance)
                    3. Conscious deliberation is not about rationalizing, rationing away/compartmentalizing, making excuses to justify the suffering, it is an active approach to ending it through direct response.
    2. The Myth of Human Nature
        1. 1987 - "Myth of human nature discourages action for peace"
            1. 40% of the students answered "very much" or "somewhat" to the question "Do you believe that war is intrinsic to human nature?" The proportion was higher in the students from the prestigious liberal arts college (44%). which is the same proportion as was obtained in a pilot study at the same college one year previously (Table V). It is similar to the proportion found by Wahlstrom in her 1984 study in Finland (52%). Similar proportions answered that there is a war instinct (40%) and that wars are inevitable because human beings are naturally aggressive (33%).
            2. Belief, to some extent, appears to affect activity: of the active students 14 of 49 (29%) said that before they began to engage in activity, they had been discouraged by a pessimistic view that humans are intrinsically violent and therefore wars are inevitable. Since this represents the view of active students only, it probably underestimates the effect in the larger population of students with its high proportion of inactive students. on the other hand, activity may cause a change in belief: this is indicated by the fact that 22 of 48 active students (46%) said that their activity for peace had made them more optimistic about human nature.
            3. *Its importance is underscored by evidence that many young people erroneously believe the myth that war is intrinsic to human nature and that these young people are less likely to take part in action for peace.*
    3. Terror Management Theory
        1. 1973/2015 – "The Original Dissonance"
        2. Terror management theory (TMT) is a social psychology theory originally proposed by Jeff Greenberg, Sheldon Solomon, and Tom Pyszczynski. It proposes that a basic psychological conflict results from *having a self-preservation instinct whilst realizing that death is inevitable* and to some extent unpredictable. This conflict produces terror, and the terror is then managed by embracing cultural values, or symbolic systems that act to provide life with enduring meaning and value

Continue Utilizing "9.10,11 – CC Exp,An,Conc, inc. COMP.docx" to fill in gaps

1350 CC

(immediate conclusion in regards to the robot novels particularly: "robots and empire"): resolving the idea that "humanity" and what's considered "harm to humanity" is an abstraction, present conditions recognize the basic needs of a majority of humans are not met. This is not an abstraction, this is direct behavioral observation grounded in data. Supposing that we are too inefficiently organized or incapable of remediating the situation is a scape-goat, deficient-image of inferiority

maciejewski2007 – an empirical study of the stage form of grief

deindividuation
individuation and the family envelope

(switch this with Mean ***BR***)

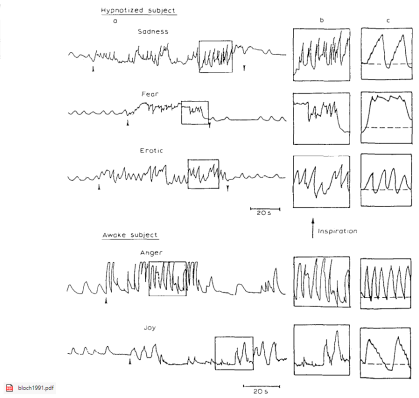

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Fig. 1. (a) Changes of respiratory movements recorded in one subject reliving under deep hypnosis, personal emotional situations

Table I. Means and (*SDs*) of HR and HRV

HRV	3	4	6	8	10	12	14	*F*	*P*<
Mean HR	76.51 (6.37)	78.42 (7.33)	76.51 (6.37)	77.65 (6.89)	77.91 (6.57)	79.53 (7.70)	81.10 (8.05)	0.43	*ns*
Trough HR	60.94 (5.87)	62.27[a] (6.21)	63.27[a] (6.18)	64.36[a] (6.77)	65.58 (6.05)	67.22 (7.29)	69.88[b] (7.46)	3.35	.0146
Peak HR	93.78 (5.70)	96.38 (8.11)	94.61 (8.03)	92.87 (7.75)	92.07 (7.37)	93.23 (8.57)	93.83 (8.71)	0.36	*ns*
VLF	8.54 (3.85)	3.96 (2.19)	3.45 (2.29)	4.28 (3.40)	4.64 (3.27)	4.78 (3.80)	4.04 (2.83)	3.23	.05
LF	51.37[b] (16.11)	64.90[b] (21.85)	48.45 (21.96)	29.10 (13.95)	4.88[a] (2.45)	4.62[a] (3.38)	3.45[a] (2.38)	30.45	.0001
HF	1.52[a] (0.61)	2.02[a] (1.06)	3.31[a] (2.27)	3.37 (2.99)	15.68[b] (8.89)	9.17 (5.07)	6.22 (3.32)	10.71	.0001
Total variability	61.52 (17.16)	72.51[b] (21.36)	57.17 (20.34)	38.59[a] (14.52)	26.99[a] (9.02)	20.58[a] (7.91)	15.72[a] (6.65)	34.57	.0001
Peak power	4102.08 (1488.24)	4663.47 (1690.29)	3072.99 (1531.49)	1725.63 (980.32)	1076.56 (710.52)	643.81 (446.10)	404.54 (263.76)	18.44	.0001

Note. RR = respiratory rate; mean HR = beats per minute (bpm); trough HR = mean of lowest HR in respiratory-linked HR oscillations during the 5-min task; peak HR = mean of highest HR in respiratory-linked HR oscillations during the 5-min task; VLF = very low frequency HR oscillations (0.000–0.047 Hz), $(bpm)^2$/Hz; LF = low-frequency HR oscillations (0.047–0.141 Hz), $(bpm)^2$/Hz; HF = high-frequency HR oscillations (0.141–0.406 Hz), $(bpm)^2$/Hz; total variability = total HR oscillation amplitude, across frequencies (0.000–0.5000 Hz), $(bpm)^2$/Hz; peak power = frequency power of HRV at the target respiratory frequency, $(bpm)^2$/Hz. Significant individual cell differences ($p < .05$) by Tukey's HSD test: Cells with superscript a have lesser values than cells marked with superscript b.

Rate Variability

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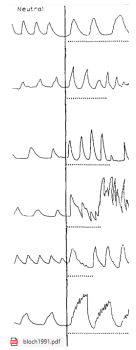

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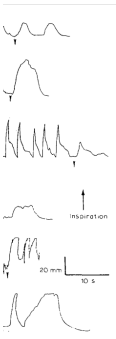
Fig. 3. Typical recordings of the
neutral "non-emotional" breathi
breathing pattern has been div
underlinings). Quantitative meas
respiratory movements appear
spontaneous vocalizations. Dow
The duration of each phase vari

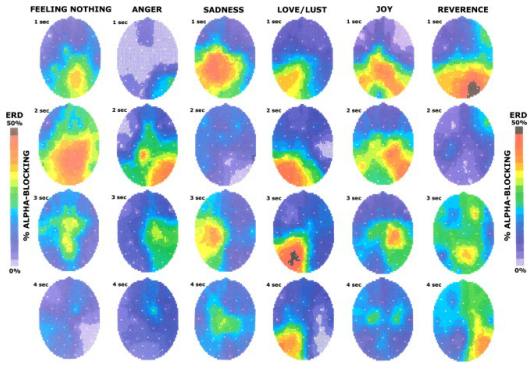
TABLE I
Mean values (± S.E.M.) of respiratory parameters (fundamental breathing cycles) for each emotional reproduction as compared (Student's paired *t* test) to the corresponding neutral control values (in brackets)

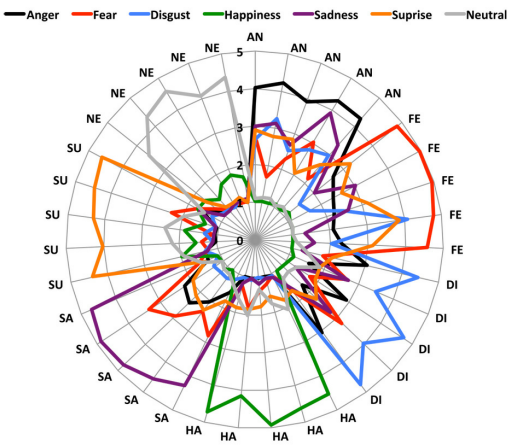
Emotion	*Respiratory parameters of the fundamental cycles*				
	amplitude (mm)	*rate (CY / min)*	*pause (%T_C)*	T_I / T_E
Tenderness	23.4 ± 1.8 (14.2 ± 1.5)	13.9 ± 1.6 (13.8 ± 1.5)	20.3 ± 3.5 (34.4 ± 3.5)	0.57 ± 0.07 (0.44 ± 0.07)
Erotic love	17.8 ± 1.9 (13.0 ± 1.4)	15.2 ± 1.9 (12.8 ± 1.2)	5.2 ± 1.9 * (18.2 ± 1.9)	0.73 ± 0.04 (0.70 ± 0.04)
Anger	33.6 ± 3.1 *** (12.0 ± 0.9)	33.1 ± 3.0 *** (12.8 ± 1.2)	0 *** (17.9 ± 5.1)	0.69 ± 0.10 (0.54 ± 0.05)
Joy-laugh	29.4 ± 2.0 *** (12.2 ± 1.1)	9.6 ± 0.9 * (13.4 ± 1.4)	7.7 ± 2.4 (14.5 ± 3.4)	0.38 ± 0.05 *** (0.63 ± 0.03)
Sadness-cry	27.7 ± 3.0 *** (10.8 ± 1.5)	11.4 ± 0.9 * (14.7 ± 1.2)	7.8 ± 2.8 (16.2 ± 3.7)	0.99 ± 0.14 * (0.63 ± 0.14)
Fear	38.6 ± 2.3 *** (10.2 ± 1.0)	7.2 ± 1.0 ** (14.1 ± 1.2)	0 *** (18.9 ± 3.9)	5.60 ± 0.90 *** (0.55 ± 0.04)

* $P < 0.05$, ** $P < 0.01$, *** $P < 0.001$

action preceded by periods of
uction. The evolution of the
prototypical patterns (dotted
of the second phase in which
is usually accompanied by
on ending abruptly (see text).
: scales for pen deflection (in







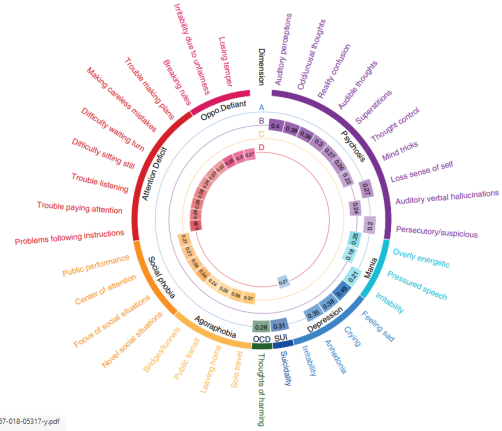


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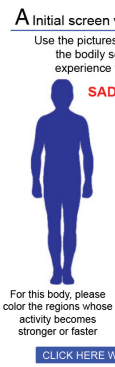
Fig. 4 Connectivity-informed dimensions of psychopathology cross clinical diagnostic categories. **a** The mood dimension was composed of a mixture of depressive symptoms, suicidality, irritability, and recurrent thoughts of self-harm. **b** The psychotic dimension was composed of psychosis-spectrum symptoms, as well as two manic symptoms. **c** The fear dimension was comprised of social phobia and agoraphobia symptoms. **d** The externalizing behavior dimension showed a mixture of symptoms from attention-deficit and oppositional defiant disorders, as well as irritability from the depression section. The outermost labels are the item-level psychiatric symptoms (see details in Supplementary Data 1). The color arcs represent categories from clinical screening interview and the Diagnostic and Statistical Manual of Mental Disorders (DSM). Numbers in the inner rings represent sCCA loadings for each symptom in their respective dimension. Only loadings determined to be statistically significant by a resampling procedure are shown here



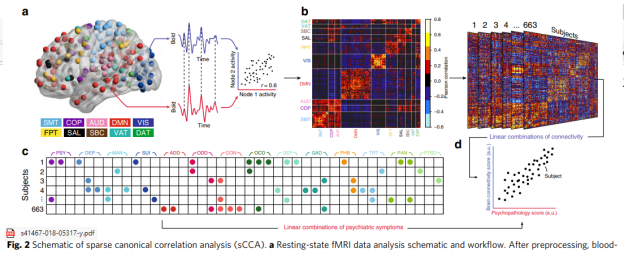


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Fig. 2 Schematic of sparse canonical correlation analysis (sCCA). **a** Resting-state fMRI data analysis schematic and workflow. After preprocessing, blood-oxygen-level dependent (BOLD) signal time series were extracted from 264 spherical regions of interest distributed across the cortex and subcortical structures. Nodes of the same color belong to the same a priori community as defined by Power et al.[36]. **b** A whole-brain, 264 × 264 functional connectivity matrix was constructed for each subject in the discovery sample ($n = 663$ subjects). **c** Item-level data from a psychiatric screening interview (111 items, based on K-SADS[62]) were entered into sCCA as clinical features (see details in Supplementary Data 1). **d** sCCA seeks linear combinations of connectivity and clinical symptoms that maximize their correlation. A priori community assignment: somatosensory/motor network (SMT), cingulo-opercular network (COP), auditory network (AUD), default mode network (DMN), visual network (VIS), fronto-parietal network (FPT), salience network (SAL), subcortical network (SBC), ventral attention network (VAT), dorsal attention network (DAT), Cerebellar and unsorted nodes not visualized. Psychopathology domains: psychotic and subthreshold symptoms (PSY), depression (DEP), mania (MAN), suicidality (SUI), attention-deficit hyperactivity disorder (ADD), oppositional defiant disorder (ODD), conduct disorder (CON), obsessive-compulsive disorder (OCD), separation anxiety (SEP), generalized anxiety disorder (GAD), specific phobias (PHB), mental health treatment (TRT), panic disorder (PAN), post-traumatic stress disorder (PTSD)

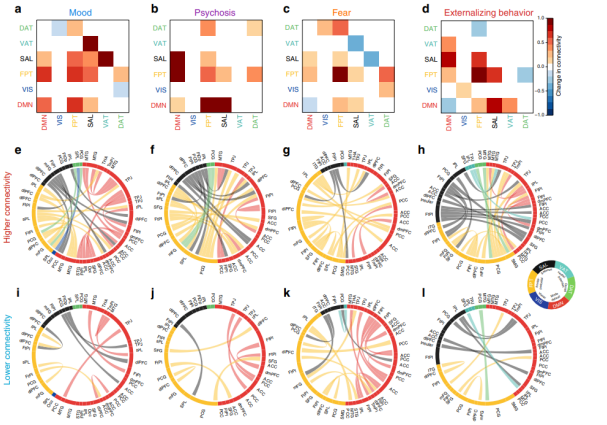

Fig. 5 Patterns of within- and between-network connectivity contribute to linked psychopathological dimensions. **a**–**d** Modular (community) level connectivity pattern associated with each psychopathology dimension. Both increased (**e**–**h**) and diminished (**i**–**l**) connectivity in specific edges contributed to each dimension of psychopathology. The outer labels represent the anatomical names of nodes. The inner arcs indicate the community membership of nodes. The thickness of the chords represents the loadings of connectivity features

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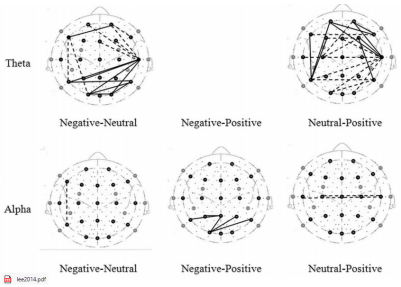

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Figure 1. Brain maps of correlation. The lines connecting electrode sites indicate significant higher (solid) and lower (dashed) of correlation values for condition listed on left site.
doi:10.1371/journal.pone.0095415.g001

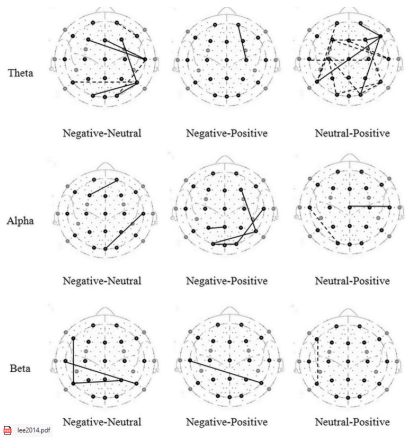

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Figure 2. Brain maps of coherence. The lines connecting electrode sites indicate significant higher (solid) and lower (dashed) of coherence values for condition listed on left site.
doi:10.1371/journal.pone.0095415.g002

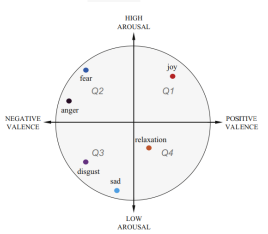

Fig. 1. Two-dimensional emotion model.

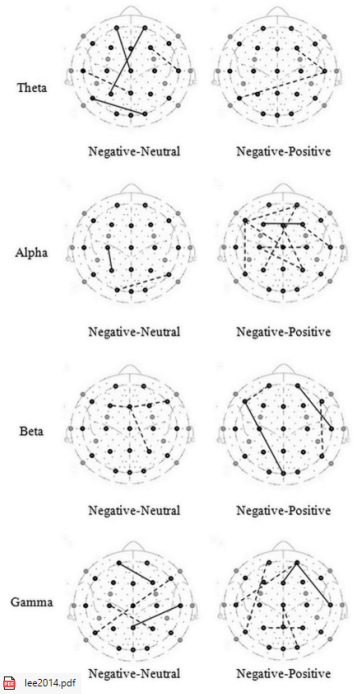

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Figure 3. Brain maps of phase synchronization index. The lines connecting electrode sites indica (dashed) of phase synchronization index for condition listed on left site.
doi:10.1371/journal.pone.0095415.g003

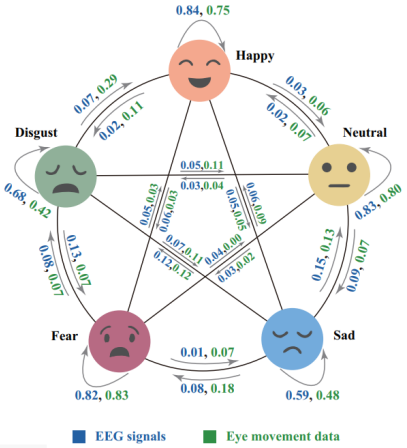

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Fig. 9. Confusion graph of the EEG functional connectivity network feature and eye movement data in classifying the five emotions: disgust, fear, sadness, happiness, and neutrality.

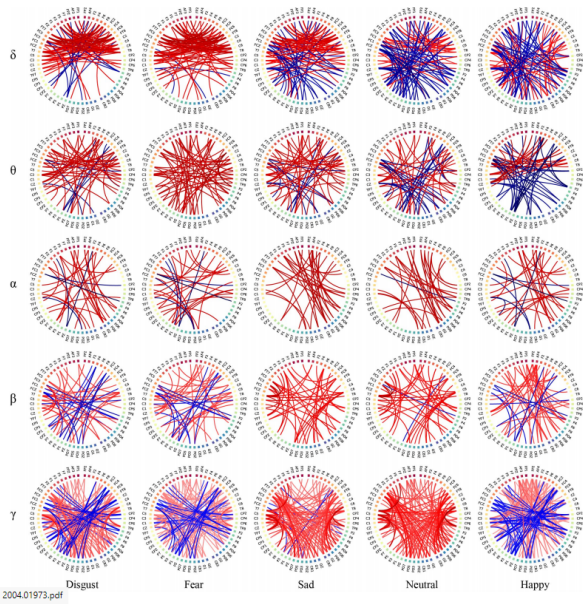

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Fig. 11. The brain functional connectivity patterns for the five emotions in the five frequency bands with correlation as connectivity metric. In each subfigure, the positive and negative associations are drawn in red and blue colors, respectively, with darker line colors reflecting larger absolute values of association weights. In addition, the 62 nodes in each circle denote the 62 EEG electrodes located according to the following criterion: 1) the electrodes in the left and right cerebral regions lie in the left and right parts of the circle, respectively; 2) the electrodes in the frontal, temporal, parietal, and occipital areas are displayed from the top to bottom of each circle.

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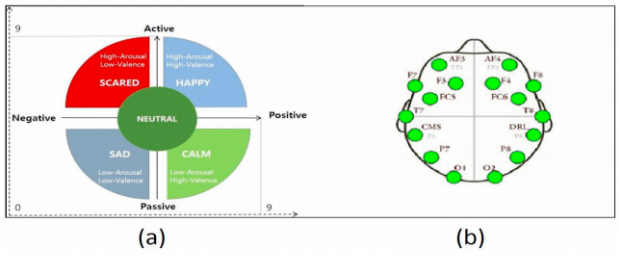

Fig. 2. Pictorial representation of: (a) Valence-Arousal model depicting emotions (b) Emotiv Epoc+ device with 14 sensors.

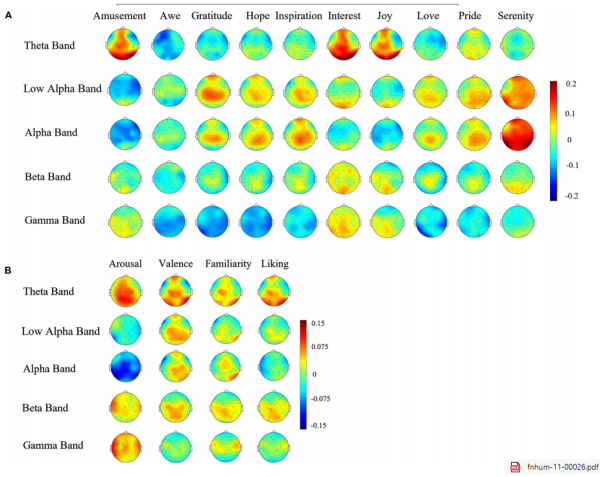

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FIGURE 4 | (A) Correlations between spectral power and ten positive emotion ratings Topographies of the correlation coefficients between the spectral powers in different frequency bands and the emotional experience ratings. **(B)** Correlations between spectral power and four emotion dimensions Topographies of the correlation coefficients between the spectral powers in different frequency bands and the emotional experience ratings on arousal, valence, familiarity, and liking.

TABLE 2 | The binary classification accuracies on the 14 emotional experience items.

Participant	Accuracy (%)													
	Amusement	Awe	Gratitude	Hope	Inspiration	Interest	Joy	Love	Pride	Serenity	Arousal	Valence	Familiarity	Liking
1	74.2	84.1	76.6	84.8	86.3	82.0	76.1	79.7	83.4	77.4	81.3	80.4	74.7	78.7
2	84.0	81.7	84.6	83.2	76.6	78.9	85.2	83.7	84.9	85.7	87.0	84.2	76.6	76.0
3	81.1	83.0	85.1	80.9	83.6	80.1	86.4	82.8	82.0	84.4	82.3	82.9	79.8	83.2
4	77.9	73.9	74.3	70.6	68.8	72.4	67.3	76.1	76.1	70.6	73.1	68.9	69.4	73.1
5	83.6	78.8	82.3	78.9	84.3	82.9	78.1	80.2	84.8	82.8	79.9	83.1	83.3	86.3
6	79.8	79.2	83.7	82.4	74.7	75.2	78.1	73.3	78.4	86.6	87.3	82.7	78.9	82.4
7	85.7	82.4	85.8	82.7	82.8	83.7	83.4	82.3	80.4	82.0	81.0	85.4	86.3	79.9

	Amusement	Awe	Gratitude	Hope	Inspiration	Interest	Joy	Love	Pride	Serenity	Arousal	Valence	Familiarity	Liking
Amusement	–	−0.49*	−0.10	0.13	0.25	0.75*	0.85*	0.17	0.15	−0.18	0.31*	0.53*	0.48*	0.64*
Awe		–	0.60*	0.53*	0.50*	0.05	−0.17	0.15	0.54*	0.48*	−0.19	0.22	−0.06	0.15
Gratitude			–	0.91*	0.82*	0.36*	0.33*	0.75*	0.81*	0.51*	−0.19	0.70*	0.19	0.59*
Hope				–	0.95*	0.55*	0.57*	0.71*	0.88*	0.44*	−0.07	0.86*	0.34*	0.75*
Inspiration					–	0.67*	0.65*	0.56*	0.93*	0.30	0.12	0.88*	0.48*	0.81*
Interest						–	0.88*	0.38*	0.56*	0.17	0.21	0.80*	0.54*	0.89*
Joy							–	0.47*	0.56*	0.11	0.21	0.85*	0.60*	0.90*
Love								–	0.51*	0.43*	−0.24	0.66*	0.09	0.58*
Pride									–	0.28	0.14	0.80*	0.54*	0.75*
Serenity										–	−0.78*	0.36*	0.03	0.30
Arousal											–	0.01	0.19	0.11
Valence												–	0.58*	0.96*
Familiarity													–	0.64*
Liking														–

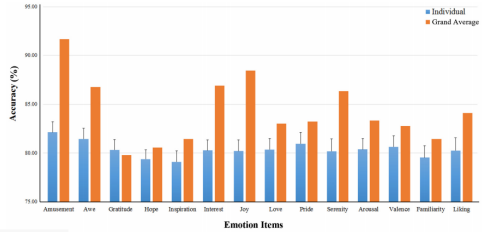

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FIGURE 5 | Binary classification accuracies on the ten positive emotion experience. The binary classification accuracies on the 14 emotional experience items. The blue bars show the individual-based accuracies and their standard deviations (the error bars). The yellow bars are the accuracies using the grand-average based features.

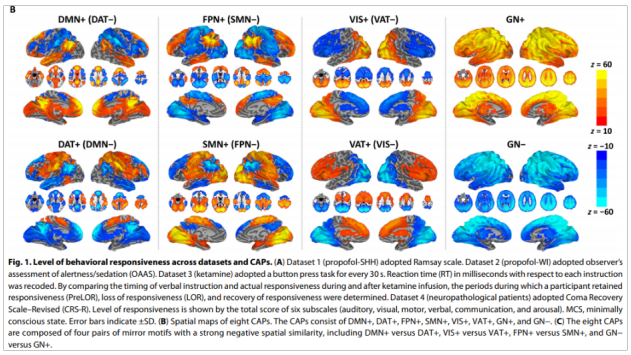


Fig. 1. Level of behavioral responsiveness across datasets and CAPs. (**A**) Dataset 1 (propofol-SHH) adopted Ramsay scale. Dataset 2 (propofol-WI) adopted observer's assessment of alertness/sedation (OAAS). Dataset 3 (ketamine) adopted a button press task for every 30 s. Reaction time (RT) in milliseconds with respect to each instruction was recoded. By comparing the timing of verbal instruction and actual responsiveness during and after ketamine infusion, the periods during which a participant retained responsiveness (PreLOR), loss of responsiveness (LOR), and recovery of responsiveness were determined. Dataset 4 (neuropathological patients) adopted Coma Recovery Scale–Revised (CRS-R). Level of responsiveness is shown by the total score of six subscales (auditory, visual, motor, verbal, communication, and arousal). MCS, minimally conscious state. Error bars indicate ±SD. (**B**) Spatial maps of eight CAPs. The CAPs consist of DMN+, DAT+, FPN+, SMN+, VIS+, VAT+, GN+, and GN−. (**C**) The eight CAPs are composed of four pairs of mirror motifs with a strong negative spatial similarity, including DMN+ versus DAT+, VIS+ versus VAT+, FPN+ versus SMN+, and GN− versus GN+.

Huang2020

The default mode network (DMN) is an internally directed system that correlates with consciousness of self,
The DMN engages in a variety of internally directed processes such as autobiographical memory, imagination, and self-referencing (6–8).

the dorsal attention network (DAT) is an externally directed system that correlates with consciousness
of the environment (1–7).
The DAT mediates externally directed cognitive processes such as goal-driven attention, inhibition, and top-down guided voluntary control (2, 6, 9).

the DMN and DAT appear to be in a reciprocal relationship with each other such that they are not simultaneously active, i.e., they are "anticorrelated." This anticorrelation is presumed to be vital for maintaining an ongoing interaction between self and environment that contributes to consciousness (5). Conversely, diminished anti-correlation between DMN and DAT activity has been reported in humans when consciousness was suppressed by general anesthesia (10, 11) and in neuropathological patients with disorders of con-sciousness (4, 12), supporting the hypothesis that a balance of the internally and externally directed systems is important for waking consciousness.

The eight CAPs were classified as
DMN+,
DAT+,
frontoparietal net- work (FPN+),
sensory and motor network (SMN+),
visual network (VIS+),
ventral attention network (VAT+),
and global network of activation
and deactivation (GN+ and GN−)
which have been related to arousal or vigilance fluctuations in the context of the global brain signal (35, 36).

CONCLUSIONS
This study suggests that human consciousness relies on a specific temporal circuit of dynamic brain activity characterized by balanced reciprocal accessibility of functional brain states. The disruption of this temporal circuit, exhibiting limited access to the DMN and DAT, appears to be a common signature of unresponsiveness of diverse etiologies

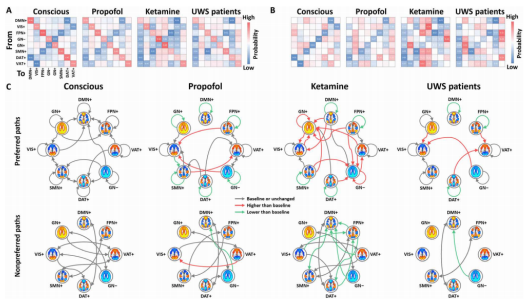


Fig. 3. Transition probabilities among CAPs. (**A**) Full transition probability matrix for conscious condition (conscious), propofol-induced unresponsiveness (propofol), ketamine-induced unresponsiveness (ketamine), and patients with UWS. The on-diagonal entries are referred to as the persistence probabilities. (**B**) Diagonal-free transition probability matrix, where the off-diagonal entries are referred to as transition probabilities by controlling for autocorrelation due to the CAP's persistence. (**C**) Schematic illustration of the significant preferred paths (>null) and nonpreferred paths (<null) for conscious versus null, propofol versus null, ketamine versus null, and patients with UWS versus null (all gray arrows). Red (higher than conscious condition) and green (lower than conscious condition) arrows indicate significant differences of persistence probabilities and transition probabilities comparing to baseline consciousness. The null model for each condition and the differences between conditions were generated by 1000 permutations across the entire dataset (see more details in Materials and Methods). Significance level was determined at $P < 0.001$ by considering multiple comparison corrections (99.9th and 0.1th percentile of the null distributions; two-sided).

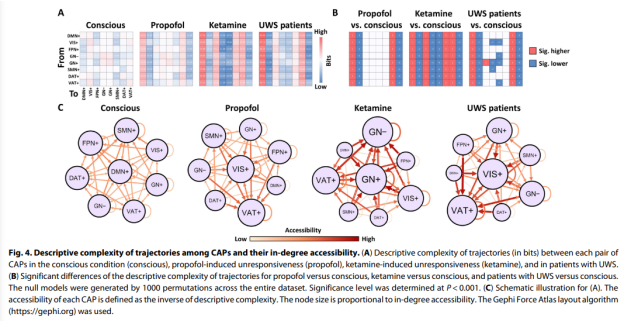


Fig. 4. Descriptive complexity of trajectories among CAPs and their in-degree accessibility. (**A**) Descriptive complexity of trajectories (in bits) between each pair of CAPs in the conscious condition (conscious), propofol-induced unresponsiveness (propofol), ketamine-induced unresponsiveness (ketamine), and in patients with UWS. (**B**) Significant differences of the descriptive complexity of trajectories for propofol versus conscious, ketamine versus conscious, and patients with UWS versus conscious. The null models were generated by 1000 permutations across the entire dataset. Significance level was determined at $P < 0.001$. (**C**) Schematic illustration for (**A**). The accessibility of each CAP is defined as the inverse of descriptive complexity. The node size is proportional to in-degree accessibility. The Gephi Force Atlas layout algorithm (https://gephi.org) was used.

Table 1. The Five Aggregates and Their Descriptions With Examples. karunamuni2015.pdf

Aggregate	Description	Example/s
1. Material form	Elementary components[a] that make up not only the physical body but the external environment.	Atoms and molecules that continuously move to and from the body.
2. Feelings	Subjective affective repercussions of an experience.	Pleasant, unpleasant, or neutral feelings.
3. Perception	Being aware of attributes of an object or an event.	Recognizing the color of an object, its shape, size, or any other perceptions that result from analyzing the world, our material bodies or the mind.
4. Volition[b]	Reactive or purposive aspects of the mind that include intention as well as behavior.	Volition can manifest as follows: (a) *Bodily behavior* (any activity), (b) *Verbal behavior* (speech, scolding, etc.), (c) *Psychological behavior* (proliferating thoughts, cultivating thoughts of compassion, analyzing, practicing mindfulness, etc.).
5. Sensory consciousness[c]	Being conscious of something.	Knowing a sensory stimulus (visual, tactile, olfactory, auditory, or taste) or a thought (concerning the past, present, or future).

Note. The teachings describe that all experienced moments (aggregates) are impermanent, arising, and perishing from moment to moment (Analayo, 2006).

[a]Elementary components in original teachings refer to solidity, liquidity, heat, and motion (Analayo, 2006; Bodhi, 1995).

[b]This aggregate is sometimes translated as "mental formations" (Bodhi, 1995, p. 27), as it represents a wide range of mental factors of which volition constitutes the major factor. Volition is described as having a conditioning influence on the manifestation of the other aggregates (Analayo, 2006, p. 110; Bodhi, 2006; Mahathera, 1933).

[c]Sensory consciousness can result in the generation of any of the other three mind-related aggregates. The six different ways this can happen (via the five senses or as a thought) are generally presented as "the six senses" in the Buddhist teachings (Analayo, 2006, p. 204; Bodhi, 1995, p. 27). Sensory consciousness could also trigger mental proliferation, which represents a series of mental events.

Fragaria vesca var. bracteata
NATIVE
Woods strawberry
Meadows; forest openings

Poterium sanguisorba var. polygamum
Small Burnet
EXOTIC
Meadows; disturbed places
Willamette Valley, Western Cascades
Scarce

Rubus ursinus
Pacific dewberry
NATIVE
conifer forest edges and gaps, disturbed places
coast range, willamette valley, western cascades
frequent

rosa gymnocarpa var. gymnocarpa
Dwarf Rose, Baldhip Rose
NATIVE
conifer forests
Coast Range, Willamette Valley, Western Cascades
Frequent

Rubus bifrons
Himalayan blackberry
EXOTIC
forest edges; meadows; disturbed places
Coastal Zone, Coast Range Willamette Valley, Western Cascades
Abundant

Spiraea douglasii var. douglasii
Douglas spiraea; steeplebush
NATIVE
marshes, riverbanks, oxbos
frequent
willamette valley, western cascades

Cypripedium parviflorum
Yellow lady slipper
Fens, lake margins; moist, shrubby areas
Not known from OR - occurs from AK to NY with species from WA and ID very close to NE OR

Heracleum maximum
Cow parsnip
NATIVE
moist meadows, shrublands, forest openings; riparian areas
coast range, willamette valley, western cascades
frequent - our largest native umbellifer

Cytisus Striatus
Portuguese broom
exotic invasive

cytisus scoparius
scots broom; scotch broom
EXOTIC
broadly adapted; disturbed places
Coastal Zone, Coast Range, Willamette Valley, Western Cascades
abundant
aggressively spreading

Lupinus polyphyllus var. pallidipes
Large leaved lupine
NATIVE
wetland meadow and marshes
Willamette valley, western cascades
occasional frequency

Hosackia *gracilis*
Lotus formosissimus
bicolored lotus
NATIVE
deflation plains and wet prairies
Coastal Zone, Coast Range, Willamette Valley
Occasional frequency

folium pratense
red clover
EXOTIC
broadly adapted, generally disturbed sites
coastal zone, coast range, willamette valley, western cascades
abundant
widely cultivated for hay

Lupinus rivularis
riverbank lupine
low elevation wetland meadows; riparian areas
NATIVE
Coastal Zone, Willamette Valley
frequent
grows at low elevations

trifolium incarnatum
crimson clover
EXOTIC
disturbed places
Willamette Valley
Scarce
Cultivated annual which has escaped and become established

delphinium trolliifolium
poison larkspur
forests; riparian areas
NATIVE
Coast Range, Willamette Valley, Western Cascades
Occasional frequency
Very poisonous in all parts. Responsible for occasional livestock loss in the willamette valley

Nigella damascena
Love in a Mist
EXOTIC

Aquilegia formosa
red columbine
NATIVE
broadly adapted
Coast Range, Willamette Valley, Western Cascades
frequent
Beautifully adapted to its pollinator the hummingbird

Anemone lyallii
Lyall's anemone
forests; meadows; subalpine rocky areas
NATIVE
Coast Range, Western Cascades
Occasional frequency
there is much variation in flower color in this species; white, pink, lavender, purple to blue

rhamnaceae buckthorn
blue blossom
disturbed logging site
NATIVE
western cascades
scarce
from sw oregon to sf bay

Delphinium pavonaceum
Peacock Larkspur
Moist to wet prairies.
Willamette Valley
Scarce
NATIVE

Chrysolepsis/Castanopsis chrysophylla
golden chinquapin, Giant Chinkapin
dry open conifer forests
NATIVE
coast range, willamette valley, western cascades
frequent

Geranium oreganum
western geranium
wet meadows
NATIVE
willamette valley, western cascades
occasional

Ranunculus repens
creeping buttercup
wet forests and meadows; marshes; disturbed areas
Coast Range, Willamette Valley
Frequent
Invasive European Native; can become a garden pest
EXOTIC

Koeleria Macrantha
Koeleria cristata **illegitimate name**
junegrass
dry meadows
NATIVE
Willamette Valley, Western Cascades, High Cascades
occasional frequency

Micranthes oregana
saxifraga oregana
oregon saxifrage
wet meadows
willamette valley, western cascades, high cascades
NATIVE
occasional frequency

Hordeum jubatum ssp. jubatum
foxtail barley
disturbed places
NATIVE
willamette valley
occasional frequency
Native spikelets can stab and maim grazing animals

Heuchera micrantha var. Micrantha
small flowered alumroot
cliffs and rocky areas
NATIVE
coast range, willamette valley, western cascades
occasional frequency
BC to california and idaho

saxifraga rufidula
redwool saxifrage
moist rocky areas
native cascades
scarce

tolmiea diplo menziesii
pig-a-black plant
riparian areas; moist forests
coastal zone, coast range, willamette valley, western cascades
NATIVE
occasional frequency

Saxifraga mertensiana
mertens saxifrage
wet rocky places; riparian areas
native
coast range, western cascades
occasional
alaska to california and east to idaho and montana

micranthes oregana
oregon saxifrage
wet meadows
willamette valley, western cascades, high cascades
occasional
NATIVE

Lithophragma parviflorum var. parviflorum
small flowered woodland star
NATIVE
meadows; low elevation forests
willamette valley, western cascades
occasional
both sides of the cascades from BC to colorado

Valerianella locusta
european/wild corn salad
Exotic
disturbed moist meadows
coastal zone, willamette valley
a weed species common around eugene and throughout the west

Valeriana hookeri
Scouler's valerian
NATIVE
Moist forests, wet cliffs and meadows,
Western cascades
Scarce

plectritis congesta
Rosy plectritis
Native
wet meadows, rocky outcrops
Coast range, willamette valley, western cascades
Occasional
Hillsides may be pink with masses of blooms of these plants

Viola glabella
Smooth woodland violet
Native
Riparian forests; moist areas
Coast Range, Willamette Valley,
Western Cascades
Frequent

Viola orbiculata

Viola palustris
Marsh violet
NATIVE
Riparian forests,
Wet meadows & marsh
Coast range, willamette valley, western cascades
Occasional

Toxicoscordion venenosum
Meadow death camas
Low elevation forests, shrublands and meadows
Coast range, willamette valley, western cascades,
NATIVE
Abundant
All plant parts are poisonous. Often grows near edible camas. Common around fern ridge reservoir

Calochortus tolmiei
Tolmie's cat's ear
NATIVE
Meadows
Willamette Valley, Western Cascades
Occasional frequency
The flower stands up the fruit hangs down

***Lysichiton* americanus**
Lysichitum americanum
Skunk cabbage
marshes ; riparian areas in conifer forests
Coast range, willamette valley, western cascades
Frequent
NATIVE
Flowers and bruised leaves have a pungent odor. Can have the largest leaves of any species in the native flora of the Pacific Northwest.

Allium amplectens
Narrowleaf wild onion
Wet prairies
NATIVE
Willamette valley, western cascades
Frequent
You can tell an onion by its smell

Camassia leichtlinii var. Leichtlinii
Umpqua white camas; giant camas
NATIVE
Endemic to umpqua valley. Hybridizes with var. Suksdorfii to produce a puzzling array of colors

Camassia leichtlinii ssp. Suksdorfii
Large camas
Seasonally moist meadows and hillsides
NATIVE
Willamette valley, western cascades
Occasional frequency

Dichelostemma congestum
Brodiaea congesta
Ookow, Fork-toothed ookow
NATIVE
Forest gaps; meadows
Coast range, willamette valley, western cascades
Frequent
Native americans harvested and dined upon the bulbs

Carex densa
Dense sedge
Wet meadows; ditches
NATIVE
Coast range, willamette valley, western cascades
Abundant
Common in and around eugene

Carex hendersonii
Henderson's sedge
Moist forests
NATIVE
Coast range, willamette valley, western cascades
Abundant

Carex feta
Green sheathed sedge
NATIVE
Moist meadows
Willamette valley, western cascades
Frequent
Western north america

Malanthemum racemosum ssp. Amplexicaule
Large false solomon's seal
Moist to dry woods; meadows; riparian areas
NATIVE
Coast Range, Willamette valley, western Cascades
Abundant
Underground rhizomes resemble domestic iris rootstocks; fruit a mottled, reddish berry.

Nuphar polysepala
Yellow pond lily
NATIVE
A floating aquatic in ponds and lakes
Coastal zone, coast range, willamette valley, western cascades
Frequent
The seeds can be popped like popcorn

Carex leporina
Hare's foot sedge
Moist meadows
Willamette valley
Exotic
Occasional frequency

Carex obnupta
Slough sedge
NATIVE
Very wet meadows, streambanks, swamps and woodlands
Coastal Zone, Coast Range, Willamette Valley, Western Cascades
Abundant
Sometimes called 'cut grass'

Carex unilaterallis
One sided sedge
NATIVE
Wet meadows
Coast range, willamette valley, western cascades
Abundant

Scirpus microcarpus
Small fruited bulrush
NATIVE
Marshes, streambanks, pond margins
Coastal zone, coast range, willamette valley, western cascades
Abundant
The only big bulrush with lots of little bicarpellate flowers

Eleocharis palustris

Eleocharis macrostachya
Creeping spikerush
Pond and stream margins; ditches
NATIVE
Coastal Zone, Willamette Valley, Western Cascades
Frequent

Iris tenax var. Tenax
Oregon Iris
NATIVE
Forest edges; meadows
Coast Range, Willamette Valley, Western Cascades
Frequent
Native Americans used fibers in it's foliage to weave rope, fish line and nets

Iris innominata
Golden iris
NATIVE
Siskiyou mountains and southern oregon

Sisyrinchium idahoense var. Idahoense
Sisyrinchium angustifolium
Idaho blue eyed grass
Wet meadows
Coastal zone, willamette valley, western cascades
Frequent
NATIVE

The most common blue- eyed grass in our area

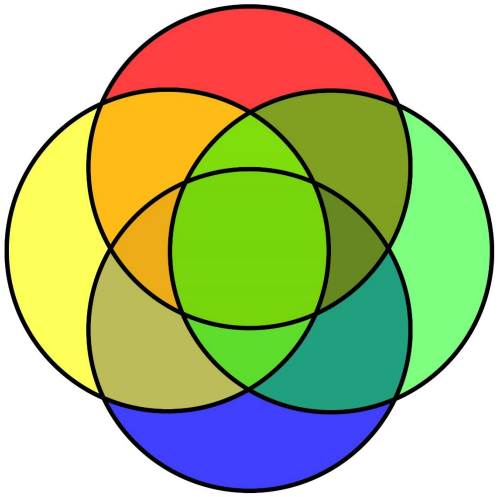
Juncus patens
Gray rush; spreading rush
Ash forests; wet meadows; ditches
NATIVE
Willamette Valley
Abundant

Juncus effusus ssp. Pacificus
Pacific rush; common rush
Marshes; ditches; lake shores
Coastal Zone, Willamette Valley
Frequent
NATIVE

Juncus bolanderi
Bolanders rush
NATIVE
Marshes, ditches, lake shores
COast Range, Willamette Valley, Western Cascades
Occasional
Northwest California to BC

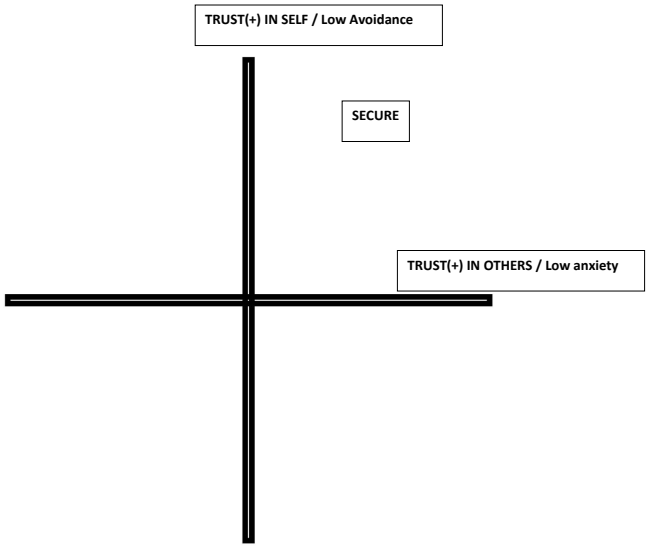
I. **The Bio-Psycho-Social-Spiritual Model** (Engel, etc.al)

1. Biological
2. Psychological
3. Sociological
4. Spiritual / Political



II. **Attachment Theory and Style's** (Bowlby, Strange, etc.al)

1. Secure Attachment
2. Preoccupied
3. Dismissive Avoidant
4. Fearful Avoidant

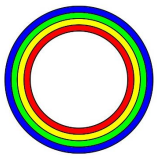


III. **The Stages of Grief** (Kubler-Ross, Et.al) / Change/ Addiction

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

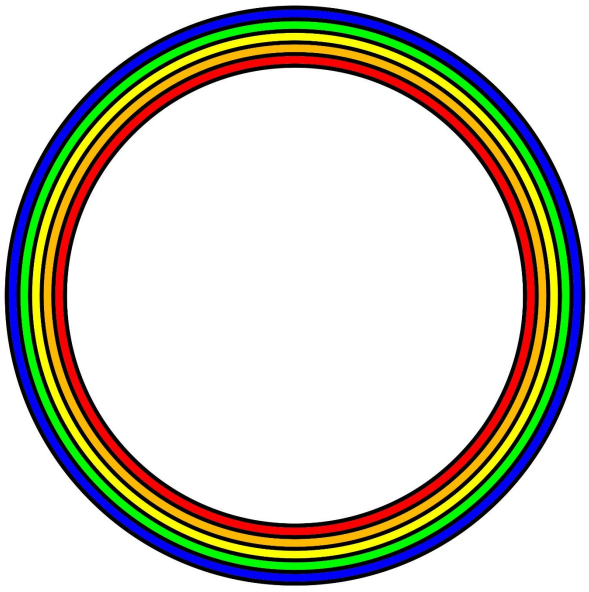
IV. **Stages of Cognitive Development** (Piaget, et.al)

1. Sensory Motor – Object Permanence
2. Preoperational – Symbolic Thought
3. Concrete Operational – Operational Thought
4. Formal Operational – Abstract Concepts



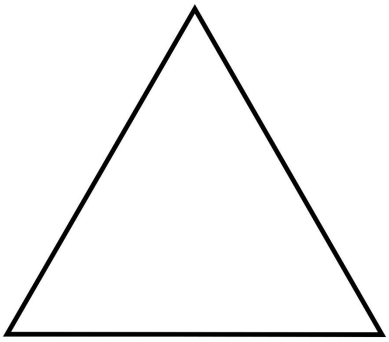
V. **Ecological Systems Theory** (Bronfenbrenner, etc.al)

1. Individual System
2. Micro-System
3. Meso-System
4. Eco-System
5. Macro-System

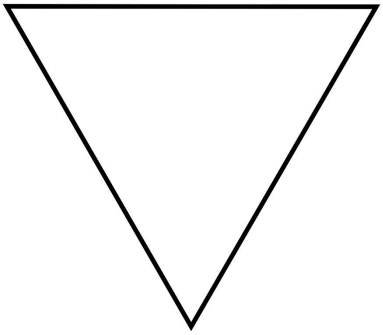


VI.

1. **Hierarchy of Needs** (Maslow, etc.al)



2. **Cognitive Triad** (Beck, etc.al)



4. *Fearful/ Disorganized/disoriented attachment*
    a. Ainsworth herself was the first to find difficulties in fitting all infant behaviour into the three classifications used in her Baltimore study. Ainsworth and colleagues sometimes observed "tense movements such as hunching the shoulders, putting the hands behind the neck and tensely cocking the head, and so on. It was our clear impression that such tension movements signified stress, both because they tended to occur chiefly in the separation episodes and because they tended to be prodromal to crying. Indeed, our hypothesis is that they occur when a child is attempting to control crying, for they tend to vanish if and when crying breaks through."[56]

ii. Sub: attention, control and direction or speed, velocity and acceleration

iii. 4 humors

iv. 4 fundamental forces

B. Stages/ cycles/ reflects/ reflexes: Grief

i. 5 stages of grief

1. *Denial – The first reaction is denial. In this stage, individuals believe the diagnosis is somehow mistaken, and cling to a false, preferable reality.*
2. *Anger – When the individual recognizes that denial cannot continue, they become frustrated, especially at proximate individuals. Certain psychological responses of a person undergoing this phase would be: "Why me? It's not fair!"; "How can this happen to me?"; "Who is to blame?"; "Why would this happen?".*
3. *Bargaining – The third stage involves the hope that the individual can avoid a cause of grief. Usually, the negotiation for an extended life is made in exchange for a reformed lifestyle. People facing less serious trauma can bargain or seek compromise. Examples include the terminally ill person who "negotiates with God" to attend a daughter's wedding or an attempt to bargain for more time to live in exchange for a reformed lifestyle.*
4. *Depression – "I'm so sad, why bother with anything?"; "I'm going to die soon, so what's the point?"; "I miss my loved one; why go on?"*
    a. During the fourth stage, the individual despairs at the recognition of their mortality. In this state, the individual may become silent, refuse visitors and spend much of the time mournful and sullen.
5. *Acceptance – "It's going to be okay."; "I can't fight it; I may as well prepare for it."*
    a. In this last stage, individuals embrace mortality or inevitable future, or that of a loved one, or other tragic event. People dying may precede the survivors in this state, which typically comes with a calm, retrospective view for the individual, and a stable condition of emotions.

ii. Organization/Consolidation of memory

Cross dimensional meta analysis 5

A. Styles/ vectors: Trust and attachment

i. Attachment styles

1. *Secure attachment*
    a. A toddler who is securely attached to his or her parent (or other familiar caregiver) will explore freely while the caregiver is present, typically engages with strangers, is often visibly upset when the caregiver departs, and is generally happy to see the caregiver return. The extent of exploration and of distress are affected, however, by the child's temperamental make-up and by situational factors as well as by attachment status. A child's attachment is largely influenced by their primary caregiver's sensitivity to their needs. Parents who consistently (or almost always) respond to their child's needs will create securely attached children. Such children are certain that their parents will be responsive to their needs and communications.[46]Erikson stages of psychosocial
2. *Anxious-ambivalent attachment*
    a. Anxious-ambivalent attachment is also misnamed as "resistant attachment".[48] In general, a child with an anxious-ambivalent pattern of attachment will typically explore little (in the Strange Situation) and is often wary of strangers, even when the parent is present. When the mother departs, the child is often highly distressed. The child is generally ambivalent when his mother returns.[36] The anxious-ambivalent strategy is a response to unpredictably responsive caregiving, and the displays of anger (ambivalent resistant) or helplessness (ambivalent passive) towards the caregiver on reunion can be regarded as a conditional strategy for maintaining the availability of the caregiver by preemptively taking control of the interaction.[49][50]Marcia identify
3. *Anxious-avoidant attachment*
    a. An infant with an anxious-avoidant pattern of attachment will avoid or ignore the caregiver—showing little emotion when the caregiver departs or returns. The infant will not explore very much regardless of who is there. Infants classified as anxious-avoidant (A) represented a puzzle in the early 1970s. They did not exhibit distress on separation, and either ignored the caregiver on their return (A1 subtype) or showed some tendency to approach together with some tendency to ignore or turn away from the caregiver (A2 subtype). Ainsworth and Bell theorized that the apparently unruffled behaviour of the avoidant infants was in fact a mask for distress, a hypothesis later evidenced through studies of the heart-rate of avoidant infants.[52][53]

1. *Working memory*
    a. Baddeleys slave system model
    b. +/- 7
2. *Long term memory*
    a. Implanting memories Loftus
    b. Blind to betrayal
        i. Quote declaration of independence “history hath shewn"
        ii. She was referenced in dahmer wiki….
3. *Information theory*
    a. Conscious 40 bits/sec vs 40million bits%sec unconscious

iii. Cognitive Operations (*importance: ~~nor everyone reaches~~ the majority don't reach or even use formal operations in their day to day life)

1. *Sensorimotor stage*
    a. the sensorimotor stage "extends from birth to the acquisition of language."[21] In this stage, infants progressively construct knowledge and understanding of the world by coordinating experiences (such as vision and hearing) with physical interactions with objects (such as grasping, sucking, and stepping).[22] Infants gain knowledge of the world from the physical actions they perform within it.[23] They progress from reflexive, instinctual action at birth to the beginning of symbolic thought toward the end of the stage.[23]
2. *Pre-operational stage*
    a. By observing sequences of play, Piaget was able to demonstrate that, towards the end of the second year, a qualitatively new kind of psychological functioning occurs, known as the pre-operational stage, the second of Piaget's four developmental stages.[26][27] It starts when the child begins to learn to speak at age two and lasts up until the age of seven. During the pre-operational stage of cognitive development, Piaget noted that children **do not yet understand concrete logic and cannot mentally manipulate information.**[28] Children's **increase in playing and pretending** takes place in this stage. However, the child still has trouble seeing things from **different points of view**. The children's play is mainly categorized by **symbolic play and manipulating symbols**. Such play is demonstrated by the idea of checkers being snacks, pieces of paper being plates, and a box being a table. Their observations of symbols exemplifies the idea of play with the absence of the actual objects involved.
    b. **Symbolic function substage**
        i. In this stage, there are still limitations, such as **egocentrism and precausal thinking.**
            1. *Egocentrism occurs when a child is unable to distinguish between their own perspective and that of another person.*

2. *Piaget coined the term "precausal thinking" to describe the way in which preoperational children use their own existing ideas or views, like in egocentrism, to explain cause-and-effect relationships. Three main concepts of causality as displayed by children in the preoperational stage include:*
    a. **animism,**
    b. **artificialism and**
    c. **transductive reasoning.**

c. **Intuitive thought substage**

i. At between about the ages of **4 and 7**, children tend to become very curious and ask many **questions**, beginning the use of **primitive reasoning.** There is an emergence in the interest of reasoning and wanting to know **why things are the way they are**. Piaget called it the "intuitive substage" because children realize they have a vast amount of knowledge, but they are unaware of how they acquired it. **Centration, conservation, irreversibility, class inclusion, and transitive inference** are all characteristics of preoperative thought. **Centration** is the act of focusing all attention on one characteristic or dimension of a situation, whilst disregarding all others. **Conservation** is the awareness that altering a substance's appearance does not change its basic properties. Children at this stage are **unaware of conservation and exhibit centration**. Both centration and conservation can be more easily understood once familiarized with Piaget's most famous experimental task.

1. *See: 3.B.iii.c*

3. *Concrete operational stage*

a. The concrete operational stage is the third stage of Piaget's theory of cognitive development. This stage, which follows the preoperational stage, occurs between the ages of **7 and 11** (preadolescence) years,[37] and is characterized by the **appropriate use of logic.** During this stage, a child's thought processes become more mature and "adult like". They start solving problems in a more logical fashion. **Abstract, hypothetical thinking is not yet developed in the child**, and children can only solve problems that apply to concrete events or objects. At this stage, the children undergo a transition where the child learns rules such as **conservation**.[38] Piaget determined that children are **able to incorporate Inductive reasoning.** Inductive reasoning involves drawing inferences from observations in order to make a generalization. In contrast, **children struggle with deductive reasoning,** which involves using a **generalized principle in order to try to predict the outcome of an event**. Children in this stage commonly experience difficulties with figuring out logic in their heads. For example, a child will understand that "A is more than B" and "B is more than C". However, when asked "is A more than C?", the child might not be able to logically figure the question out in his or her head.

b. Two other important processes in the concrete operational stage are logic and the **elimination of egocentrism**.

c. **Egocentrism** is the phase where the thought and morality of the child is completely self focused.[39] During this stage, the child acquires the ability to view things from another individual's perspective, even if they think that perspective is incorrect. For instance, show a child a comic in which Jane puts a doll under a box, leaves the room, and then Melissa moves the doll to a drawer, and Jane comes back. A child in the concrete operations stage will say that Jane will still think it's under the box even though the child knows it is in the drawer. (See also **False-belief task.)**

d. One example of an experiment for testing conservation is the water level task.[41] An experimenter will have two glasses that are the same size, fill them to the same level with liquid, which the child will acknowledge is the same. Then, the experimenter will pour the liquid from one of the small glasses into a tall, thin glass. The experimenter will then ask the child if the taller glass has more liquid, less liquid, or the same amount of liquid. The child will then give his answer. The experimenter will ask the child why he gave his answer, or why he thinks that is.

i. **Justification**: After the child has answered the question being posed, the experimenter must ask why the child gave that answer. This is important because the answers they give can help the experimenter to assess the child's developmental age.[42]

4. *Formal operational stage [intrapsychic cohesion]*

a. The final stage is known as the formal operational stage (adolescence and into adulthood, roughly ages **11 to approximately 15–20):** Intelligence is demonstrated through **the logical use of symbols related to abstract concepts**. This form of thought includes "assumptions that have no necessary relation to reality."[44].

b. Piaget stated that "**hypothetico-deductive reasoning**" becomes important during the formal operational stage. This type of thinking involves hypothetical "what-if" situations that are not always rooted in reality, i.e. **counterfactual thinking**. It is often required in **science and mathematics.**

c. **Abstract thought** emerges during the formal operational stage. Children tend to think very concretely and specifically in earlier stages, and begin to consider possible outcomes and consequences of actions.

d. **Metacognition**, the capacity for "thinking about thinking" that allows adolescents and adults to reason about their thought processes and monitor them.[45]

e. **Problem-solving** is demonstrated when children use **trial-and-error to solve problems**. The ability to **systematically** solve a problem in a **logical and methodical** way emerges.

5. *Post formal operational stages*

a. Piaget's theory stops at the formal operational stage, but other researchers have observed the thinking of adults is more nuanced than formal operational thought.

This fifth stage has been named post formal thought or operation.[73][74]. Michael Commons presented evidence for five post formal stages in the model of hierarchical complexity: **systematic, meta-systematic, paradigmatic, and cross-paradigmatic** (Commons & Richards, 2003, p. 206–208; Oliver, 2004, p. 31).[75][76][77]

i. Post formal – systematic – interpersonal cohesion
ii. Meta systematic – intergroup cohesion
iii. Paradigmatic – inter species, intra planetary cohesion
iv. Cross paradigmatic – interplanetary, solar system cohesion
v. Meta cross paradigmatic – intergalactic, universal cohesion

C. Valences: Ecological Systems Theory

i. **Individual** Refers to sex, age, health ([intrapsychic] (biopsychosocial -spiritual))

ii. **Microsystem** Refers to the institutions and groups that most immediately and directly impact the child's development including: family, school, religious institutions, neighborhood, and peers.

iii. **Mesosystem**: Interconnections between the microsystems, Interactions between the family and teachers, Relationship between the child's peers and the family

iv. **Exosystem**: Involves links between a social setting in which the individual does not have an active role and the individual's immediate context. For example, a parent's or child's experience at home may be influenced by the other parent's experiences at work. The parent might receive a promotion that requires more travel, which might increase conflict with the other parent and change patterns of interaction with the child.

v. **Macrosystem**: Describes the culture in which individuals live. Cultural contexts include developing and industrialized countries, socioeconomic status, poverty, and ethnicity. A child, his or her parent, his or her school, and his or her parent's workplace are all part of a large cultural context. Members of a cultural group share a common identity, heritage, and values. The macrosystem evolves over time, because each successive generation may change the macrosystem, leading to their development in a unique macrosystem.[1]

1. *(Moved from attachment to here) i. Stages of culture (model compilation) or add to macrosystems (culture) in ecological systems theory*

vi. **Chronosystem**: The patterning of environmental events and transitions over the life course, as well as sociohistorical circumstances. For example, divorces are one transition. Researchers have found that the negative effects of divorce on children often peak in the first year after the divorce. By two years after the divorce, family interaction is less chaotic and more stable. An example of sociohistorical circumstances is the increase in opportunities for women to pursue a career during the last thirty years.[2] Meso- system

D. Universal core elements: parent function (x,y)

i. Needs

ii. Beliefs

1. *Triads*
    a. Natural states; waking,(superego/god) dreaming(ego/ spirit) sleeping(id/son)
    b. Freud's iceberg
        i. Superego, ego, id
    c. Becks triad
        i. Self, others, future
    d. Transactional analysis
        i. Adult, parent, child
        ii. I'm okay your not okay vectors go to attachment and personality styles
    e. Communicating medium
        i. Sender, receiver, message
    f. Parenting/government styles
        i. permissive, attentive, authoritative

Historical

1

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2

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3

Facebook page: Conscience culture - Email: endtheschism@gmail.com - archive.org/details/@sjb177

4

Declaration of Independence

July 4, 1776

We hold these truths to be self-evident, all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness .--That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, --That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.

ALL MEN ARE CREATED EQUAL

Governments, deriving their just powers from the consent of the governed

Whenever any form of Government becomes destructive of these eggs, it is the Right of the People to alter or abolish it

Universal Declaration of Human Rights

December 10, 1948

Article 4 No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Article 29 1. Everyone has duties to the community in which alone the free and full development of his personality is possible.

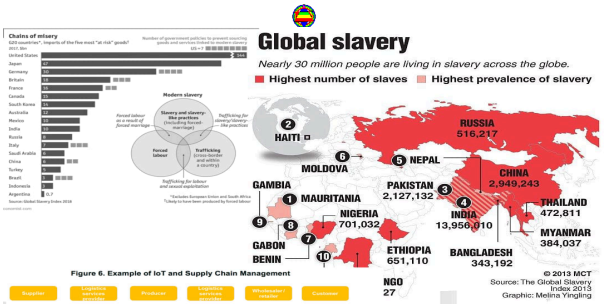


Figure 6. Example of IoT and Supply Chain Management

The mission of the Human Rights Commission (HRC) is to promote the implementation of universal human rights values and principles in all City of Eugene programs and throughout the community.

Universal Declaration of Human Rights December 10, 1948

Article 4 No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

To carry out this mission the HRC shall affirm, encourage and initiate programs and services within the City of Eugene and in the community designed to place priority upon protecting, respecting, and fulfilling the full range of universal human rights as enumerated in the Universal Declaration of Human Rights Code.

Eugene Human Rights Code.

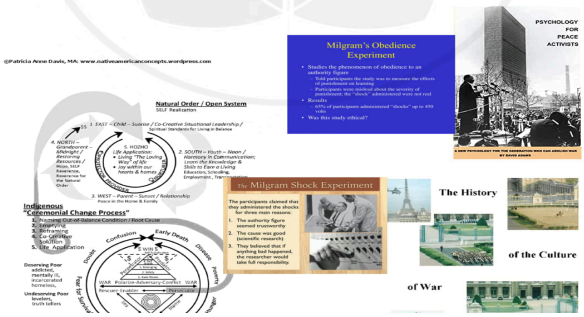
Cc: World Peace

Collective

Collaborative

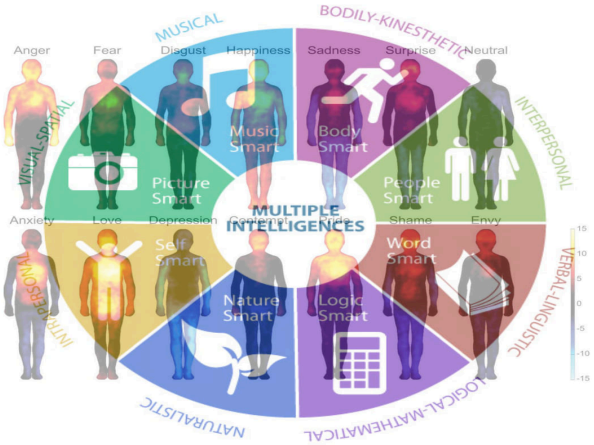
Encouraging a Diversity of Voices

Please Participate



calling all

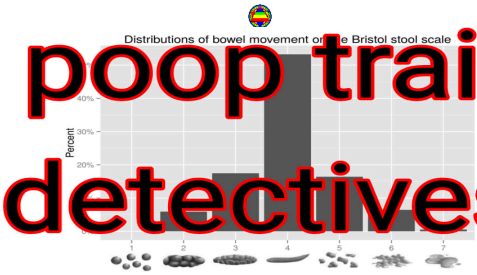
musicians, artists, scientists, innovative thinkers, grassroot environmental and human rights nonprofits



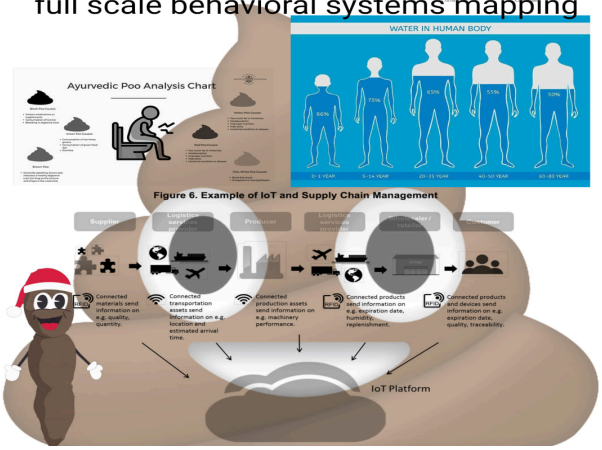
brainstorming, adaptable OPEN-SOURCE templates for multi purpose/format distribution

multimedia magazine distribution, in paper, jpg, gif formats simplified and streamlined for smart phone communications and paper back/newspaper copies.

poop trail detectives



transparent waste product graphical analysis for individual or group reflection full scale behavioral systems mapping



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YouTube link

On Sunday September 20, 2015 Citizens and Organizations from all around the city of Corvallis, Oregon came together to Celebrate Human-Powered Transportation. Tables, booths and gadgets lined the riverfront, sparking conversations on Bicycles and Sustainable Design, there was even a pedal powered blender offering smoothies! The Skies were blue with few clouds on the horizon, It was noon and PedalPalooza had officially begun. I stood on the Downtown Corvallis 1st Street Riverfront while pedicabs and ice cream whizzed past, my attention was focused on an 'Organic Transit' Solar and Pedal hybrid Single Transporter sitting on display, 'the most efficient vehicle on the planet', gets the equivalent of 1800 Miles Per Gallon."

At one of the tables that lined the street sat David Bella, he greeted me with a smile as I tried to understand the theme of his booth.

'Are Cars the New Tobacco?' An article he directed me towards, published in the June 2012 Journal of Public Health, reading, 'Private cars cause significant health harm. The impacts include physical inactivity, obesity, death and injury from crashes, cardio-respiratory disease from air pollution, noise, community severance and climate change. The car lobby resists measures that would restrict car use, using tactics similar to the tobacco industry.' 'Car dependence is a potent example of an issue that ecological public health should address. The public health community should advocate strongly for effective policies that reduce car use and increase active travel.' I thought the article made sense, but knew that cars play a much more crucial part in our daily lives than tobacco ever did, so how should we go about addressing this very serious collective health concern?

Are cars the new tobacco?

'*The ALIVE Proposal*', sat in the middle of David's table 'Toward a More Walkable and Less Car-Dependent Future', signed by a Corvallis Engineer, Anthropologist, Economist and the former Mayor of Corvallis, I personally could not think of a more earnest and open minded group of people to propose what I read, I understood to be quite a novel idea; shifting land use and development patterns to: clustered communities with :

greencity.doc

SYSTEMATIC DISTORTION OF INFORMATION

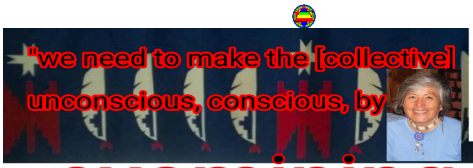
...and what's going on, first, we must discuss, "The Systematic Distortion ... co-authored by David Bella, A retired Civil Engineer & Emeritus Professor ...

In "The Systematic Distortion of Information", it is explained how comm... groups of people can result in disorganization, chaos and even death. ... to this Distortion of Information, as outlined by Emeritus Professor Bella;

1. Limited Perception Affecting Decision Making
2. Biased Decision-Making Affecting Group Decision Making
3. Communication Difficulties affecting Communication in Organizations

...icle closes with a suggestion of Radically different forms of orga... Intentional ... Disinfon...

Decreasing Car Dependency



examining the unexamined assumptions"

"Examine the unexamined assumptions
Make the unconscious conscious" - Lithia Park
Patrica Anne Davis
Eco summit https://youtu.be/hcx4CEFbJ4s
Lithia Park Extra https://youtu.be/1yx_ZgwF29U

P.A. Davis Ceremonial Change Process, Language, Betrayal Story and Criminal Mind 52min (2017).docx download
https://archive.org/details/green-city

from win-lose to win-win
eliminating enemy imagery
and dehumanization
Empathy Culture

youtube
ccmag
wholebrain
greencity

S.J. Barrett

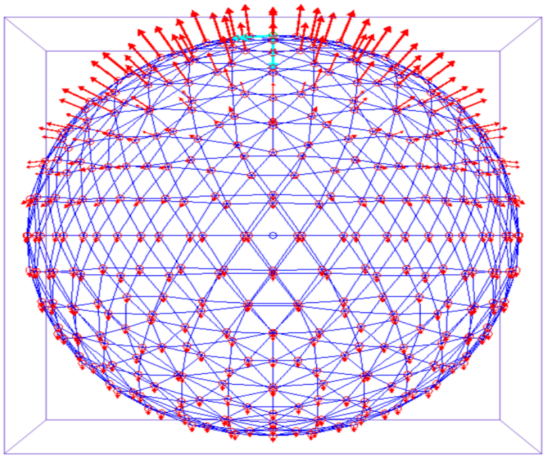
Global Environmental, Civil Rights and Peace Activist

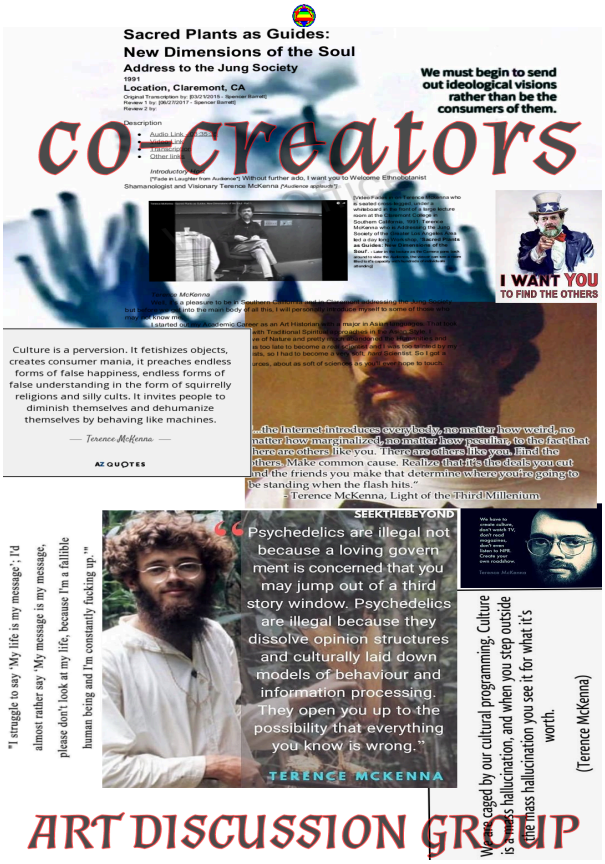
Art Director, Multimedia Productions and Broadcasting

https://youtube.com/@spencerduhbarrett

https://archive.org/details/ccMAGv1.21/

it goes up

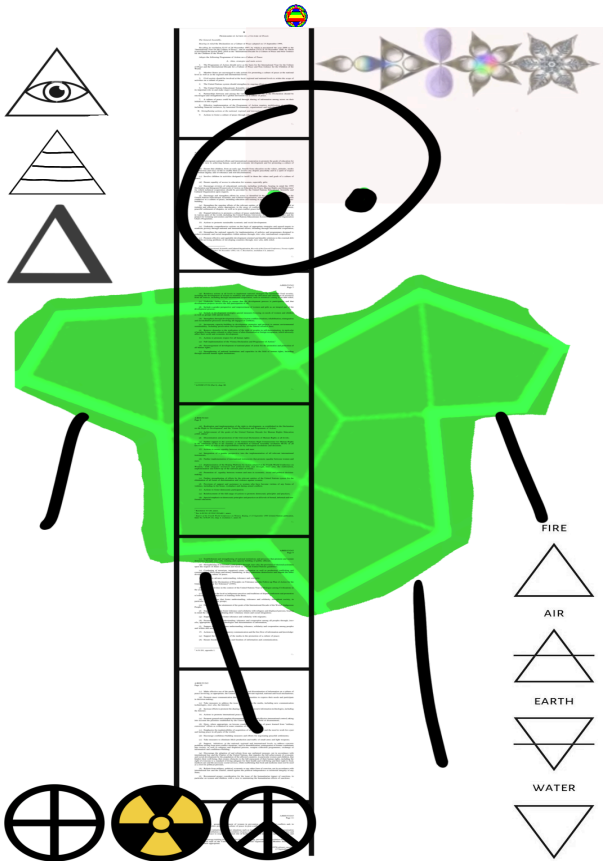




ADULT HUMOR RELIEF FUND

Real issues deserve real solutions not just to be used for entertainment. To make this matter seriously could be to share resources in effort to decrease the reality of many topics and provide educational solutions to the less than educated population who find this matter of life a joke from their TV sofa. apparently, for political Activism is low. Many prefer to pretend the problems don't exist or just aren't solvable while out of date bureaucratic tape and slow processes cause lives to be lost unnecessarily, when the solutions already exist to not implement them is extremely, deliberately negligent andmanifesting extreme indifference to the value of human life.

"sarcasm is evil"



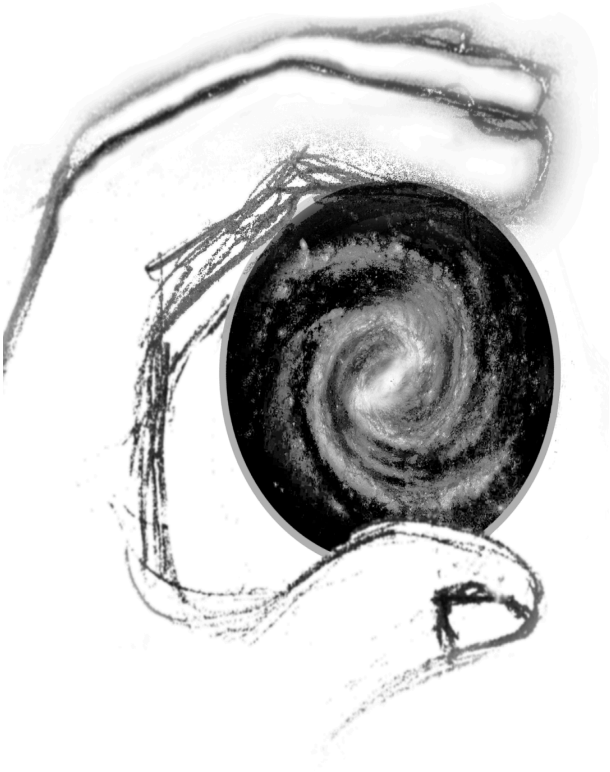
JOIN THE FORUM

Community
Conversation
peer review

self governance
protocol and mapping
collective alliance

submit an application for proof of identity and location verification
(not anonymous)

real time, self representation voting and comments



Why Don't People Always Do What They Know is Good for Them?

Human behavior is often a puzzle, especially when it comes to individuals knowingly engaging in actions that are detrimental to their well-being. This phenomenon has intrigued scholars across various disciplines, including philosophy, neuroscience, biology, psychology, and sociology. By integrating insights from these fields, we can begin to unravel the complex interplay of factors influencing human decision-making and behavior.

Cognitive Dissonance:

One key concept that sheds light on this issue is cognitive dissonance, as proposed by Leon Festinger in 1957. Cognitive dissonance theory suggests that individuals experience discomfort when their beliefs or behaviors are inconsistent with each other. When faced with this discomfort, people are motivated to reduce it by either changing their beliefs or rationalizing their behavior. For example, a person who knows the health risks of smoking may rationalize their behavior by believing that the negative effects won't happen to them or by convincing themselves that they will quit soon.

Conformity:

Social psychology also offers insights into why people don't always do what they know is good for them. Conformity, as studied by Solomon Asch and others, highlights the powerful influence of social norms on behavior. People often conform to group expectations, even when they know it's not in their best interest. This desire to fit in and avoid social rejection can override individual knowledge or rational decision-making. For instance, someone may continue to engage in unhealthy eating habits because it aligns with the norms of their social group.

Neuroscience:

From a neuroscientific perspective, the brain's reward system plays a crucial role in motivating behavior. Dopamine, a neurotransmitter associated with pleasure and reward, reinforces certain actions, making them more likely to be repeated. When individuals engage in behaviors that provide immediate gratification, such as overeating or substance abuse, the brain's reward system is activated, often overpowering the rational knowledge of long-term consequences.

The Knowing-Doing Gap:

Psychologists have long observed the gap between knowing what is good for us and actually doing it, a phenomenon known as the knowing-doing gap. This gap can be attributed to various factors, including lack of self-control, procrastination, and competing priorities. For instance, someone may know the importance of exercising regularly but struggle to prioritize it over other commitments like work or family responsibilities.

Evolutionary Biology:

From an evolutionary perspective, human behavior can be understood as the product of adaptation to ancestral environments. Evolutionary biologists argue that certain behaviors that may seem irrational today, such as hoarding food or taking risks, were adaptive in the past when resources were scarce or survival was uncertain. These evolutionary remnants can influence modern behavior, leading people to prioritize short-term gains over long-term well-being.

Sociocultural Influences:

Sociocultural factors also shape individual behavior and decision-making. Cultural norms, economic disparities, and institutional structures can create barriers to adopting healthy behaviors. For example, individuals living in impoverished neighborhoods may have limited access to nutritious food options or healthcare services, making it difficult for them to prioritize their health.

Conclusion:

In conclusion, the question of why people don't always do what they know is good for them is multifaceted and complex. Insights from philosophy, neuroscience, biology, psychology, and sociology highlight the interplay of cognitive, social, biological, and environmental factors influencing human behavior. By understanding these factors, we can develop more effective strategies for promoting positive behavior change and improving overall well-being.

The Interconnection of Authenticity, Humanism, Pseudo-Community, and Modern Slavery incu Global Supply Chains

In our interconnected world, the pursuit of authenticity and humanism should ideally guide our actions and interactions, fostering genuine connections and empathy for others. However, the reality often reveals a stark contrast, where pseudo-communities and modern slavery persist within the intricate web of our economy's supply chains. Understanding the link between these concepts sheds light on how seemingly disparate phenomena are intricately entwined, implicating all participants in global disparity and human trafficking.

Encouraging Authenticity and Humanism:

Authenticity entails aligning one's actions, values, and beliefs, fostering genuine connections with oneself and others. In a humanistic framework, individuals recognize the inherent dignity and worth of every human being, striving to promote well-being and justice for all. Encouraging authenticity and humanism involves cultivating empathy, compassion, and a sense of solidarity with others, transcending barriers of nationality, race, or socioeconomic status.

Pseudo-Community and its Deceptive Nature:

M. Scott Peck defines pseudo-community as a stage in group dynamics characterized by a superficial sense of harmony and belonging. In pseudo-community, individuals may suppress their true thoughts and emotions to maintain the illusion of unity, leading to an artificial sense of connection that masks underlying tensions or conflicts. Pseudo-community inhibits authentic communication and hinders genuine relationships, perpetuating a cycle of misunderstanding and disconnection.

Modern Slavery in Supply Chains:

The global economy relies on complex supply chains that span continents, encompassing diverse industries such as agriculture, manufacturing, and retail. Within these supply chains, modern slavery persists in various forms, including forced labor, debt bondage, and human trafficking. Vulnerable populations, including migrants, refugees, and marginalized communities, are often exploited by unscrupulous employers who prioritize profit over human rights. Despite international efforts to combat modern slavery, it remains pervasive, fueled by demand for cheap labor and goods.

Implication of Participants in Global Disparity and Human Trafficking:

Every participant in the economy's supply chain, from producers to consumers, is implicated in the perpetuation of global disparity and human trafficking. As consumers, our choices shape demand for goods and services, influencing production practices and labor conditions. When we prioritize affordability and convenience over ethical considerations, we inadvertently contribute to the exploitation of vulnerable workers in distant corners of the globe. Similarly, businesses must prioritize ethical sourcing and supply chain transparency to ensure that their operations do not perpetuate human rights abuses.

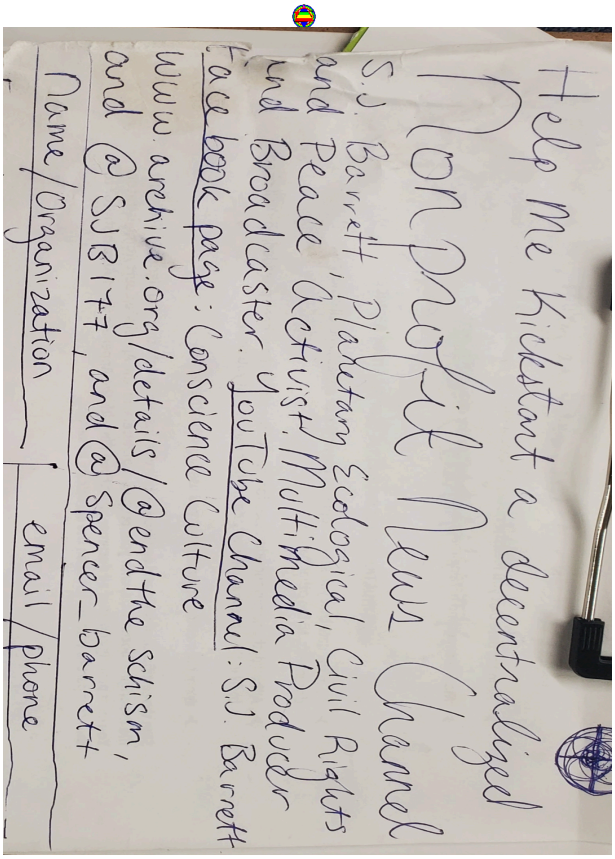
The Call to Action:

Addressing the interconnected issues of authenticity, humanism, pseudo-community, and modern slavery requires a concerted effort at individual, institutional, and societal levels. Encouraging authenticity and humanism involves fostering empathy, promoting social justice, and advocating for the rights of marginalized communities. Combatting pseudo-community requires creating spaces for genuine dialogue and collaboration, where diverse perspectives are valued and respected.

To eradicate modern slavery in supply chains, stakeholders must prioritize transparency, accountability, and ethical sourcing practices. This entails conducting thorough audits, enforcing labor standards, and empowering workers to assert their rights. Consumers can support ethical brands and demand greater transparency from companies regarding their supply chain practices. Governments play a crucial role in enacting and enforcing legislation to prevent human trafficking and protect the rights of workers.

Conclusion:

In conclusion, the connection between encouraging authenticity, humanism, pseudo-community, and modern slavery in our economy's supply chain highlights the complex interplay between individual behavior, group dynamics, and systemic injustice. By recognizing our interconnectedness and taking proactive steps to promote authenticity, humanism, and ethical conduct, we can work towards building a more just and equitable world where the dignity and rights of all individuals are respected and upheld.



BEAR I.T. NEWS

local environment, history, current world news and the future

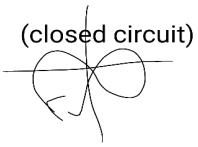
Focus'd Locust

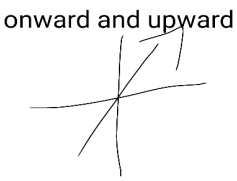
family
Wilderness survival and first aid
scientific methodology and reporting skills
literature, the liberal and fine arts

WHY DOES THE MODEL MATTER?

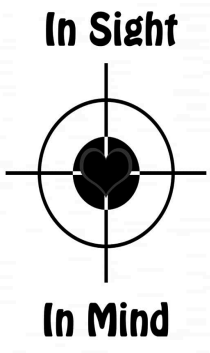
the long winded story lesson
confusing formulas
what's the point
behavior can be mathematically expressed and predicted
this is how they use it to effect you
use it yourself! *to communicate better with others*
not just the ad agencies!

well, it's not going to save the world or anything...
but what if it could...
how does this model relate to consciousness?
how does consciousness relate to child slavery/ and other global catastrophies...
(let's look at a set of vectors in the human systems(5 and 6))





Every
Animals
Right
To
Home



(dont miss the mark)

Spencer Barrett
Persuasive Speech
Comm 111
Fall 2018

Modern Slavery

In the book, “Slave: my story” Author Mende Nazer lost her childhood one horrific night in 1993. Arab raiders swept through her Nuba village on horseback, murdering the adults by slitting their necks with knives and rounding up 31 young children. mende was 12. a slave trader brought an end to Sudan's capital city and sold her to a wealthy Arab family. her owners called her ‘yebit’ or ‘black slave’. she was subjected to appalling sexual, physical and mental abuse. she slept in a shed and ate the family leftovers like a dog. normally her story would have never come to light but seven years after she was seized and sold into slavery she made a dramatic break for freedom. Her book ‘Slave’ my story recounts a secret modern-day trade in slaves.

The first anti-slavery movement began in 1787, slavery was perfectly legal and was a stable and pervasive part of most societies for thousands of years…

Those who have been enslaved share many of the psychological sequelae of those subjected to sexual violence. like a victim of rape the former slave often feels shame… the stigma of enslavement, the products of long term denigration, and abuse by slaveholders press upon the mind and emotions of freed slaves and stifle their voices.

As far back as humanity goes, people have bought, sold, and enslaved other people.

But one of the great triumphs of our world has been our ability to end such evil practices. People rose up against slavery and didn’t mince words. “Abolition” leaves no room for compromise.

Emancipation set the slaves free.

That's what we like to think anyway. Yeah, we’ve heard there are still questionable work conditions. Sweatshops and the like. But buying, selling, and trafficking human beings? If that’s happening, it must just be in wildly different cultures, far from my influence.

Actually, no. That smartphone. That t-shirt, computer, a cup of coffee…

That’s stuff we buy, and that’s stuff that comes from slaves.

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Persuasive Speech
Comm 111
Fall 2018

“But they’re reputable brands! If they were running sweatshops, Oprah would be all over it.”

True, but it’s not that simple. The fact of the matter is, these reputable brands that we know and love, they just don’t know where all the materials come from - at least they may claim.

What about the cotton in that t-shirt? The tantalum in that smartphone? The beans in that cup of joe?

That’s where you find the slaves. In the fields, in the mines. In the processing of the raw materials.

It’s the supply chain. And it’s a supply chain that enslaves more people than at any time in human history. They’re working for you.

So much for abolition.

That’s why I would like to help you understand your influence on slavery. Not so you can feel bad. Not so you’ll stop buying stuff…

… so you will ask the brands you like to find out where their materials are coming from. It is not hard for them. A free market should come from free people. Find out how many slaves work for you at slaveryfootprint.org

Together, we’ll work toward a world where everything you buy could have a new kind of “Made in…” tag:

MADE IN A FREE WORLD

Did you know:

The annual revenues of some corporations are so colossal that they dwarf the economies of many countries across the globe. However, the world’s most profitable and successful businesses do not always have stellar reputations.

WALMART

US retailer Walmart, with revenue of $486 billion in 2017, out-earned the sixth-

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largest economy in the eurozone – Belgium (with a GDP of $468 billion). If it were a country, Walmart would be ranked 24th in the world by GDP.

Colombia. Volkswagen would be number 43 in the world if its revenue represented its GDP.

APPLE

US technology giant Apple would be 47th in the world by GDP if it were a country. The company, which has been accused of mistreating and underpaying their employees, hiding money offshore, and not paying taxes, earned $229 billion last year. In comparison, Portugal’s GDP in 2016 was $205 billion.

AMAZON

Online retailer Amazon, which is close to surpassing Apple as the world’s most valuable company, earned almost $118 billion in 2017. Its revenue exceeded the GDP of Kuwait ($111 billion). Amazon CEO Jeff Bezos has recently become the richest man in modern history, with his wealth topping $150 billion this month.

Experts say globalization is largely responsible for companies being able to grow to such sizes. However, bigger does not always mean better. Many multinational corporations, including those from the list above, have generated negative headlines and are among the most hated.[5]

Keep in mind these country-sized companies “don’t know” where their ingredients come from - and neither do you.

In 2018, The Department of labor recently released a document with 149 risky goods in our modern economy that may be slave labored by children, depending on where they come from -

or download COMPLY CHAIN application (referred to from PDF)

Child and forced labor goods:

alcoholic beverages, artificial flowers, baked goods, bamboo, bananas, green/soy and yellow beans, beef, tobacco, bricks, carpets, cashews, tin, ceramics, chile peppers, citrus fruits, cloves, coal, cocoa, coffee, corn, cotton, cucumbers, cumin, diamonds, fish, eggplants, an assortment of electronics, emeralds, fireworks, poppies, footwear, furniture, steel, garlic,

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garments, gold, grapes, gravel, hazelnuts, iron, leather, lobsters, locks, matches, meat, melons, nails, palm oil, olives, onions, palm thatch, peanuts, pineapples, pornography, rice, rubber, salt, sand, shellfish, shrimp, silk fabric, soap, sugarcane, surgical instruments, tea, timber, vanilla, wheat, potatoes,carrots and more… and the list goes on… (I made a quick decision during a speech to cut out these products to save on time and not lose interest, but regrettably so, for people should know all the potential products)

So what can we do??

Slavery Footprint.Org suggests asking manufacturers where their 'ingredients' come from. I suggest buying as many local products as possible and involving City commission to provide jobs for citizens as inspectors so that our City isn't “accidentally” supporting modern slavery and other human rights abuses.

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Ashton Kutcher Speech on Human Trafficking Before Congress

Spencer Barrett
Persuasive Speech
Comm 111
Fall 2018

https://www.americanrhetoric.com/speeches/ashtonkutchercongressthorn.htm

https://www.youtube.com/watch?v=HUmfsvegMRo

Spencer Barrett

The Deep State

Have you heard the news?

“The Deep State is a threat to our democracy!”, (1) The President of the United States Donald J Trump claims in a recent video. Should we take this seriously? Let’s investigate.

However, It has reported that Donald Trump Lies an Average of 8 times a day since he was elected as President. (2)

However, it is possible with present-day technology (often used in Hollywood) to create computer-generated voice copies (3) and stunningly realistic visual effects. So, we’re going to have to take a closer look at thse news sources and the alleged, “Deep State”.

Before we can define the Deep State, we must first define the State. “The History of the Culture of War”, written by Dr. David Adams has outlined 5,000 years of history and 11 Major State components; .

1. Armies and armaments
2. External conquest and exploitation: Colonialism and
3. Neocolonialism
4. The internal culture of war and economies based on the exploitation of workers and the environment
5. Prisons and penal systems
6. The military-industrial complex
7. The drugs-for-guns trade
8. Authoritarian control
9. Control of information
10. Identification of an "enemy"
11. Education for the culture of war
(4)

In 1921 Max Weber defined The State as having a "monopoly on the legitimate use of physical force within a given territory." (5) In 2014 Mike Lofgren, a former Republican U.S. congressional aide described The Deep State as “…Able to govern - without reference to the consent of the governed”. (6) And In the book authored by Dr. Adams, “World Peace Through Town Hall”, Adams comes to the conclusion that “The State is not compatible with a Culture of Peace by its very definition.” (7)

How could this be? What’s going on behind this Deep State, is it the Illuminati? In order to understand what’s going on, first, we must discuss, “The Systematic Distortion of Information”, A science Article co-authored by David Bella, A retired Civil Engineer & Emeritus Professor at Oregon State University.

In, “The Systematic Distortion of Information”, it is explained how communication difficulties amongst groups of people can result in disorganization, chaos and even death. The major contributing factors to this Distortion of Information, as outlined by Emeritus Professor Bella;

1. Limited Perception Affecting Decision Making
2. Biased Decision-Making Affecting Group Decision Making
3. Communication Difficulties affecting Communication in Organizations

The article closes with a suggestion of “Radically different forms of organization or maybe the use of intelligent communication systems…” in order to lessen the effect of disinformation. (8)

This may not sound as exciting or novel as The Illuminati Conspiracy, but it does provide an important scientific basis for why a government fails to represent the rights of the governed, and it does not make the threat any less real. For example, Democide is a word defined as, “the intentional killing of an unarmed or disarmed person by government agents.” it has been estimated 262 million victims of democide in the last century alone. (9) (10)

The purpose of our Federal Government, as found in the Preamble of the Constitution, is to "establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our posterity." In 1791, a Bill of Rights was added to guarantee inalienable rights. Since the Declaration of Independence and the Constitution, since then, more declarations have been unanimously agreed upon by more and more citizens, including, but not limited to; The Universal Declaration of Human Rights (1948), the Rights of the Child (1989), Declaration of a Culture of Peace (1999), The Rights of Indigenous Peoples (2007), The Rights of Mother Earth (2010). As defined and outlined by this paper, The Deep State is to blame for our Government’s inability to guarantee the citizens the rights which they have declared.

First, it was discovered and defined that the threat to our democracy: The Deep State, has the ability to govern (and kill) without reference to the consent of the governed. Through scientific methodology, it was discovered that the underlying mechanism giving rise to the phenomenon known as, “The Deep State,” - is a result of the Systematic Distortion of Information.

The Deep State is a real phenomenon of Governments acting without the consent of the Governed. As a representative of the people it is expected that a government will protect and secure the population's basic needs, this includes all the citizens's individual and environmental health. The Deep State is not only a threat to our democracy, The Deep State is a threat to our lives.

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10. Pile of Citations – environmental and citizen damage

The Coronavirus Awakening

Showcasing our strengths and our ability to respond as a whole nation to this catastrophe, together we have taken the step to do what needs to be done. We have accepted the threat and made choices to save lives. Institutional closures, quarantines laws and safety regulations on a massive global scale, never before seen.

What is healthy? How can we secure our own health and learn from this economic and psychological catastrophe? To come out stronger than before, with eyes open to our vulnerabilities, our biggest weak spots.

As grocery stores are bombarded, ransacked for all they're worth, and as nothing is left behind for the slower, the elder and the most vulnerable to this disease. Every man for themselves. Globalism is not healthy, and it is not secure, in what it promotes and what it accomplishes. The ends don't justify the means, the ends are a lifestyle riddled with the same illnesses that the means
our lifestyle relying on the cheap labor of modern slavery is not only unhealthy in a physical and economic sense, but a moral and psychological sense.

In some regards, the spread of the coronavirus and the response of the Nation has me optimistic. It really seems at a time like this that we, as a whole, are conscious of our care for life and our willingness to make "hard" choices of restricting social interaction, closing down schools, businesses and sacrificing our economic engine for the sake of the people. To secure even the few lives (relatively speaking) that this virus will take. Will it bring about the awareness ~~that a globalist supply chain is not only dangerously unreliable but also immoral? Will it bring about the ne~~

> Will it bring about the awareness of the other viruses? The viruses of a system geared towards creating individualistic wall-street parasites and the rest of us yanked around by a monopoly on our time, to secure rent, to secure our future, to stack it up at the expense of a passerby at the expense of a longer conversation with a family member. What other viruses have we created? And why don't we treat all life like we treat the lives of the coronavirus victims?
>
> Modern slavery, addiction, suicide, a system that breeds heartache, we see it on the street. The homeless, the yelling. And we justify its occurrence, because we don't know another way, why don't we all do what we know is best for us. Why don't we all know what's best for us? This isn't a world we created; it was handed to us. There's no need to take responsibility and defend that which created you and the suffering of millions. Accept that it wasn't up to you and make the leap forward. Towards full potential, not filled with stacks of money and materials, but a full potential filled with creativity and knowledge, mastery and empathy.
>
> And just as the election of this president, is a type of "coming of age" ceremony for much of the innocent and hopeful, the naïve to the political puppet show. No president is exempt, all are war criminals that perpetuate a broken dream at the expense of the people. With the rise of the apparent meaninglessness of a man being held to his word, how can one trust anything? Except that the bills in their pocket might secure their own base away from the chaos, the destruction, the evil.

Now if we could apply that same amount of paranoid caretaking to the whole slew of "viruses" taking lives. Such as the constant reward for individualistic behavior and the raising of wall street dogs who gain more joy from capital than they do from doing a neighbor a favor. The subsequent addiction and suicide that our monopoly on time and goods has created and decimated the intrinsic motivations of all.

In regard to the lure of the apocalypse, the latent fantasy hidden in all. A shortcut to the finish. Irrespective of all the work that has gotten us here, all of the progress, hope and achievements. And still this lure remains, for the hopeless and the hopeful alike. But it is an inability to problem solve under stress, a basic and fundamental operation we strive to teach our children. How to operate under panic. How to hold your posture amidst angst and worry. How to engage in something difficult, without having the difficulty take a shot at your self-esteem, without owning the difficulty, as if you yourself are the difficulty.

> The lure, our will to sleep, our death drive, our instant and unconscious reflex to negate, without due consideration, without thought, simply and purely to cease any sensation that is perceived as disturbing your peace. Your right to peace and quiet, to silence, to deep and satisfying much needed rest.

But this multi-trillion-dollar industry, geared on the apocalypse, with its acceptance and even enthusiastic celebration towards the mass death of others. Is not a fully conscious drive, it is not a real will but a conditioned state. It is the conditions that have created this state of unconscious refusal to live and to support life.

The loss of hope of our elders, when compared to that of a child. Simple questions and simple answers become complex reasonings about why peace isn't possible, why it isn't fathomable. A corruption of the soul and dampening on our authentic spirit. What could be, can't be they say – naivety and rose-colored glasses paint a realistic utopia that so many have given up on. Some may have been conditioned from birth to this lack of hope, while others awaken and then fall back asleep. Few maintain the dream amidst the

And so just as so many of us have judged others as worthy of death, as worthy of even a suffering, for not being prepared, for not being awake, for not being "good". What is good? Is modern slavery good? Some may and have since the state and slave societies originated - justify it makes their lives better, and the collapse of the grid, as a result of this 3rd world reliance, this distant enslavement which makes up the products of our daily lives.

Death to the elderly, a perfect virus for a new and hopeful world, for them to make a better world. For what have they shown us? To live for ourselves and not each other. Even the religious make up the armed forces, justifying breaking a concrete and obtuse commandment.

So, what is the point of all this? Being judged for our lack of conscience, our lack of preparation, our lack of being taught and reinforced to something which is not only good for our economic security but for our moral perspective.

Key Points

- Showcasing our strength: optimism in the level of response and care for so few
- Showcasing Our weakness; Lack of supplies, interest in decentralization, city sustainability
  - bioregionalism
  - globalism
- Apocalyptic Fantasy towards the death of the elders for what they have caused, a world of hopelessness
  - Judgement of the elders and the hopeless
    - The world our parents gave us
      - Modern Slavery
      - Grid vulnerability
- A lesson of whole public health, and a redesign to support that at its essence
  - Bioregionalism

Main Point
Our conscience
what is right and wrong
Slavery
Grid vulnerability
coronavirus

On Sunday September 20, 2015. Citizens and Organizations from all around the city of Corvallis, Oregon came together to Celebrate Human-Powered Transportation. Tables, booths and gadgets lined the riverfront, sparking conversations on Bicycles and Sustainable Design, there was even a pedal powered blender offering smoothies!

The Skies were blue with few clouds on the horizon, It was noon and PedalPalooza had officially begun. I stood on the Downtown Corvallis 1st Street Riverfront while pedicabs and ice cream whizzed past, my attention was focused on an 'Organic Transit' Solar and Pedal hybrid Single Transporter sitting on display, 'the most efficient vehicle on the planet', 'gets the equivalent of 1800 Miles Per Gallon.'

At one of the tables that lined the street sat David Bella, he greeted me with a smile as I tried to understand the theme of his booth -

'Are Cars the New Tobacco?', An article he directed me towards, published in the June 2012 Journal of Public Health, reading, 'Private cars cause significant health harm. The impacts include physical inactivity, obesity, death and injury from crashes, cardio-respiratory disease from air pollution, noise, community severance and climate change. The car lobby resists measures that would restrict car use, using tactics similar to the tobacco industry.' 'Car dependence is a potent example of an issue that ecological public health should address. The public health community should advocate strongly for effective policies that reduce car use and increase active travel.' I thought the article made sense, but knew that cars play a much more crucial part in our daily lives than tobacco ever did, so how should we go about addressing this very serious collective health concern?

Are cars the new tobacco?

'The ALIVE Proposal', sat in the middle of David's table 'Toward a More Walkable and Less Car-Dependent Future', signed by a Corvallis Engineer, Anthropologist, Economist and the former Mayor of Corvallis. I personally could not think of a more earnest and civil minded group of people to propose what I read and

understood to be quite a novel idea; shifting future land use and development patterns to: clustered no car communities with :

- Walkable access to services and public gathering places
- Light Rail Service to Campus, City, Trail Heads, Shopping, and other destinations, and
- Surrounding open space

to gain the support of the community for a fun opportunity and transition into a future <u>ALIVE with exciting possibilities</u>; to actively join in on the progress of improving our community space, common health and place-based identity.

Further research into the topic confirms David's warning's, that "While alternative energy sources and technological improvements for the modern car seem like a solution, even if we manage to cut the pollution in half [mpg efficiency doubles], by then the population growth [*Figure 2-7*] and resulting increase in magnitude of energy expenditure [based on a constant near *40-Mile average Daily Person Commute* from '95-'09 (*Table 2-2*)], will not result in a full reduction of the co2 but only a fraction of reduction in co2 *emissions*, not solving the global warming crisis only minimally slowing the ever-increasing co2 'bank', and that's before taking into account the major Global-Warming-Contributing Factory costs involved in the production of the cars!"

The answer isn't in inventing more efficient fuel driving vehicles, but in redesigning the common transportation paths and modes used for intercity travel, communication and business; to be less intrusive to the well-being of the everyday citizens and more suited for the overwhelming majority of 'single-passengers'. As seen Table 2.5' from 2000-2013, the number of personal drivers who drive self increases 8.8% (*Passenger Travel Facts and Figures, US Department of Transportation*, 2015), and more people have cars, and more people drive themselves, taking up more than necessary space and resources, affecting the community's collective health.

Table 2-2 Average Daily Person-Miles of Travel by Age and Gender: 1995, 2001, and 2009

Age	1995	2001	2009
Total			
Total	**38.7**	**40.2**	**36.1**
Under 16	25.0	24.5	25.3
16 to 20	36.4	38.1	29.5
21 to 35	46.0	45.6	37.7
36 to 65	45.1	48.8	44.0
Over 65	24.4	27.5	24.0
Men			
Total	**43.9**	**45.0**	**40.9**
Under 16	23.7	24.6	27.2
16 to 20	37.6	34.1	28.2
21 to 35	51.3	49.8	40.5
36 to 65	53.2	57.7	50.9
Over 65	31.7	32.9	30.5
Women			
Total	**33.8**	**35.7**	**31.5**
Under 16	26.2	24.4	23.3
16 to 20	35.0	42.5	31.0
21 to 35	40.8	41.5	35.0
36 to 65	37.5	40.4	37.0
Over 65	19.2	23.5	19.3

NOTES: All tables reporting totals may include unreported characteristics. 2001 data excludes persons aged 0 to 4 because this age group was not included in the 1995 and 2009 surveys.

SOURCES: 1995–U.S. Department of Transportation, *National Passenger Travel Survey* and **2001 and 2009**–U.S Department of Transportation, *National Household Travel Survey* as cited in U.S. Department of Transportation, Federal Highway Administration, *2009 National Household Travel Survey Summary of Travel Trends*, table 14, latest data available at nhts.ornl.gov/2009/pub/stt.pdf as of March 2015.

Table 2-5 Commuting by Mode of Transportation: 2000, 2010, and 2013

Thousands of workers

	2000		2010		2013		Change, 2000 to 2013	
	Number	%	Number	%	Number	%	Number	%
Total	**128,279**	**100**	**136,941**	**100**	**142,962**	**100**	**14,683**	**11.4**
Personal vehicle, total	112,736	87.9	118,124	86.3	122,664	85.8	9,928	8.8
Drives self	97,102	75.7	104,858	76.6	109,277	76.4	12,175	12.5
Carpool, total	15,634	12.2	13,266	9.7	13,387	9.4	-2,247	-14.4
2-person	NA	NA	10,294	7.5	10,266	7.2	NA	NA
3-person	NA	NA	1,733	1.3	1,824	1.3	NA	NA
4+ person	NA	NA	1,239	0.9	1,297	0.9	NA	NA
Public transportation	6,068	4.7	6,769	4.9	7,393	5.2	1,325	21.8
Taxicab	200	0.2	151	0.1	161	0.1	-39	-19.6
Bicycle	488	0.4	731	0.5	882	0.6	394	80.6
Motorcycle	142	0.1	267	0.2	296	0.2	153	107.6
Walks only	3,759	2.9	3,797	2.8	4,000	2.8	241	6.4
Other means	901	0.7	1,178	0.9	1,337	0.9	435	48.3
Works at home	4,184	3.3	5,924	4.3	6,229	4.4	2,045	48.9

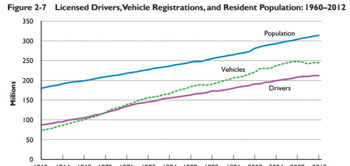
KEY: NA = not applicable.

NOTES: Mode of transportation is the principal means of transportation used most frequently to get from home to work. If more than one means of transportation is used each day, those surveyed were asked to specify the one used for the longest distance during the trip from home to work. Component values may not add to totals due to rounding.

SOURCES: 2000—U.S. Department of Commerce (USDOC), Census Bureau (CB), Decennial Census. *About Commuting (Journey to Work)*, available at www.census.gov as of March 2015. **2010 and 2013**—USDOC/CB, *American Community Survey 1-Year Estimates*, as cited in U.S. Department of Transportation, Bureau of Transportation Statistics, *National Transportation Statistics*, table 1-41, available at www.bts.gov as of March 2015.

It wasn't until later contact i discovered that David Bella was an

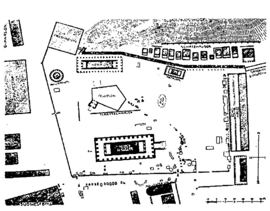
Figure 2-7 Licensed Drivers, Vehicle Registrations, and Resident Population: 1960–2012

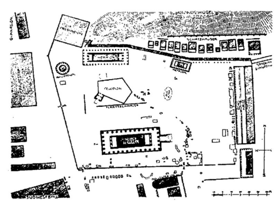


SOURCE: U.S. Department of Transportation, Federal Highway Administration, *Highway Statistics 2012*. Chart DV-1C, available at www.fhwa.dot.gov/policyinformation/statistics/2012 as of March 2015.

honored emeritus professor at Oregon State University employed by the Department of Engineering for 30 years, from 68-98 and held a focus on the analysis and application of systems theory, with a special interest in human systems. David Bella holds more than 1200 google scholar citations from dozens of publications made between 1967 with *'Finite Difference Modeling of River and Estuary Pollution'* to his most recent publication *'Seeing Systems in Healthcare Organizations'* in 2007). Bella is also known for his early 2000s proposal of a Wild Salmon National Park, which would involve the purchase of flood zones to be preserved as salmon habitat. Why protect salmon? They're only a keystone species,

It became a fun and creative game imagining a future integration of single passenger support vehicles, solar powered, pedal powered and collective trams as many of these energy efficient products are already on the market today. Minimizing footprint and foot space while opening the community up for greater awareness and health. It was Aristotle who said, "A city should be built to give it's inhabitant security and happiness."





"Before determining the question in a positive manner, we state the principle that during the Middle Ages and Renaissance public squares were often used for practical purposes, and that they formed an entirety with the buildings which enclosed them. Today they serve at best as places for stationing vehicle and they have no relation to the buildings which dominate them." *'The Art of Building Cities' Sitte, Camillo 1889, Lessons from the past* a modern renaissance*

(picture left, depicting the Plaza of Olympia)

The development of city spaces, for positive interaction and healthy social development, self-identification and active care-taking resulting in the highest degree of relationship: 'mutual beneficiality' - between the citizens and their environment. When one comes to realize that it's been only within the past 100 years of modern development that the automobile has contributed to the decay of community life, an expansion of roads and the increasing monopoly of the oil industry over our state. It is not the product of any one evil but the result of a series of heritage associated and cultural systematic distortion of information, but due to the corruption of the gun trade and the global economy and the corruption of the transportation industry. Only within the past 100 years has the american military industrial complex controlled our food and energy supply. We no longer grow our own food as the shift to the midwest occurred during the first world wars and as a result rely on the oil monopolized transportation industry.

Hypertension, physio-spacial distortion,

I was invited to Pedal Palooza Last year by my employer and friend Francie O'shea, urban-farmer and manager of the local organic Soup biCycle delivery Business, fashioning the motto 'delivered by bike, made with love.' I was asked to help bike over the days equipment from the business shop to the event which was located just a few miles away on the Corvallis downtown riverfront. With fellow employee Jean-luc Devis, Francie and I jumped on our bikes enthusiastically and lugged A couple hundred pounds of tabling equipment and soups to feed the hungry masses that awaited!

Common safety laws and forward-thinking Green City sustainable designs that protect the citizens the environment and their future, have been proposed in the past (referencing North American Bioregional Congress, 1986 *'The Biosphere and the Bioregion'*) these included but were not limited to;

- Renewable Energy initiatives,
  the modest proposal that all municipal buildings be demonstrations of

renewable energy use.
Urban Planting/Gardening 'radical back-to-the-urban-landers and feeding the community

- Urban Wild Habitat suggestions to limit traffic to one-way and 'tear up one-half of each existing street', increasing habitat for other life, exposing native watercourses
- but have seen little modern development due to the long standing history of the state's relationship in the perpetuation of the culture of war, developing the modern military-industrial complex
- Recycle 85% of everything, establish small business bureaus and cooperative like in europe (pp88-89)

About a month later, in October of 2015 I signed up to be a cultural ambassador and head point for the CascadiaNow! Nonprofit, and as a result received a supply of tabling materials. The first event I found the opportunity to table at was the Eco Summit, in Ashland Oregon. I

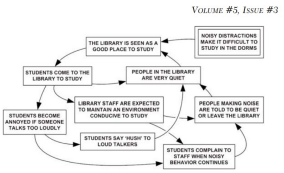
Reference's

1. https://www.facebook.com/events/112385045776111/?active_tab=discussion, 'PedalPalooza Facebook Event Page'
2. *https://organictransit.com/* 'Organic Transit'
3. https://www.researchgate.net/publication/51162927_Are_cars_the_new_tobacco 'Are Cars the New Tobacco',Journal of Public Health 33(2):160-9 · June 2011
4. https://www.rita.dot.gov/bts/sites/rita.dot.gov.bts/files/PTFF_Complete.pdf, 'Passenger Travel Facts and Figures 2015, Department of Transportation, Bureau of Transportation Statistics'
5. http://scarc.library.oregonstate.edu/oh150/bella/biography.html Bella, David, OSU Engineering Faculty, Biography
6. https://scholar.google.com/citations?user=2YsDGIEAAAAJ&hl=en, Bella, David, Google Scholar Statistics
7. https://www.wildsalmoncenter.org/work/why-protect-salmon/ - Why Protect Salmon? Tedx Video
8. The Art of Building Cities (1889) written by Camillo Sitte
9. http://www.sciencemag.org/news/2011/01/military-industrial-complex-fifty-science-societys-slave-or-master
10. https://iaspub.epa.gov/tmdl_waters10/attains_watershed.control?p_huc=17090003&p_cycle=&p_report_type=T
11.

PedalPalooza, ALIVE, Green City!
Draft 1

The ALIVE Proposal
Lamprey
Video Reporting
David Bella Salmon Research
'Oregon. In the early 2000s, Bella proposed the creation of a Wild Salmon National Park, which would involve the purchase of flood zones to be preserved as salmon habitat' (http://scarc.library.oregonstate.edu/oh150/bella/biography.html)

ordinary people, simply doing their jobs, and without any particular hostility on their part, can become agents in a terrible destructive process' milgrim quoted in 'emergence, bella david'
'to expose the character of contexts'
'outcomes that we consider harmful, distorting, and even evil can and too often do emerge from behaviors that are seen as competent, normal, and even commendable'
'We must attend to the contexts within which normal, well-adjusted people find good reasons for behaving as they do...
Pg 71 of 106, i recommend figures be drawn in 'better context' like the organism which they are, feeding points, motivations, modes of transportation, etc.
As you can see the circle work from most necessary, 'bare', necessities to larger ripples which extend into more actions and more plausible outcomes



To redefine the middle sections...
Noise and distraction are the input, they create the movement that leads to 'the library seen as a good place to study,' a reasonably objective perspective, maybe the library should be graffed as the organism, especially if all things are included there of.
Motivations should be seen as the product of reactants and residue as a response to external conditions, external conditions, external conditions should be represented by figures attempting to enter the library, as molecules entering the bacteria cell, preparing for digestion or expulsion....
We approach the library as a homeostatic unit, complete and efficient, people are quiet, it's a good place to study , homeostasis is permitted
This is necessary because although not intended, your loops may imply being secure, one dimensional or 'closed', like 'students say hush to loud talkers is 'closed' to only equalling, resulting in 'people in the library are very quiet'
When infact there are multidimensional branchings to each new input, and the further we move from base necessities the more complex and harder to interpret the source problem which is sought after in order to find a lasting solution. the reality is that their are numerous results and context to be applied to each organism and reactants,and a subsequent prior context resulting in the natural foundation for each of those.
Not disagreeing, only clarifying, as i previously found it hard to understand and believe that a visual aid symbolically representing a cellular composition may prove beneficial when describing complex idealogies

PedalPalooza, ALIVE, Green City!
Draft 1

'not the specific behaviors of *particular students*, but rather the *context that sustains normal behaviors* as many students come and go' - understood an attempt to infer that judgment/condemnation to an individual is not necessary or even plausibly computable for most complex situations - ESPECIALLY WITHOUT UNDERSTANDING THE CONTEXT WHICH SUSTAINS NORMAL BEHAVIOR.
Key point being, the context which we have allowed ourselves to exist within needs to be inspected. Why? Because of improvements to design, the out of date software/residue and it's harmful effects on our mental and physical being.
CONTEXT CONTEXT CONTEXT
Creates man...

And this brings me to bring up 'constricting thought forms'
I asked mckenna what she thought of that and she said 'limited'
I agreed, limited in mental and physical realities, as a false closed loop mentally and as a constricted, resistant, grasping, hypertension ideologie formed in collaboration with the high pressure environment

http://s3.amazonaws.com/academia.edu.documents/46685712/The_Redefinition_of_Memes_Ascribing_Mean20160621-14049-hczv4c.pdf?,=AKIAIWOWYYGZ2Y53UL3A&Expires=1490166204&Signature=NjDgrQ5bfbAPS66SCPoGrmu7fr0%3D&response-content-disposition=inline%3B%20filename

PedalPalooza, ALIVE, Green City!
Draft 1

%3DThe_Redefinition_of_Memes_Ascribing_Mean.pdf#page=68

Beyond politics poverty and war
Meeting the base needs
Discovering the true value of what we're losing
https://www.thevenusproject.com/resource-based-economy/environment/circular-city/

https://collagelab.wordpress.com/2011/10/01/recycling-utopias-from-the-garden-city-to-the-venus-project/ (good thoughts)

Mandate City-Level Development of Emergency Backup Systems

Why this petition matters

As a concerned citizen, I am deeply troubled by our reliance on the global supply chain for basic necessities. This dependence not only exposes us to potential contamination and disease (as witnessed during the COVID-19 outbreak) but also supports unethical labor practices in countries where modern slavery is prevalent. Our current system fails to protect us during emergencies such as disease outbreaks or blackouts, leaving many vulnerable and without access to essential resources like water, heating, food, clothing, and shelter.

To address this issue, we must require our city to research, develop and maintain self-sufficient backup systems(1,2) that can meet citizens' basic needs during major disasters without compromising our local environment or health. These systems should be designed with the capacity to function independently of external aid or resources.

According to the United Nations Office for Disaster Risk Reduction (UNDRR), cities that invest in disaster risk reduction measures can prevent significant losses both in terms of lives and infrastructure (UNDRR Report 2019). Moreover, a study published by the National Bureau of Economic Research indicates that increasing local self-sufficiency can reduce vulnerability to global supply chain disruptions (NBER Working Paper No. 27439).

By mandating these changes at a city level we are not only safeguarding our community against future crises but also taking an ethical stand against exploitative labor practices abroad.

Please sign this petition urging our city officials to prioritize local self-sufficiency through the development of emergency backup systems.

Thank you for your consideration.

(1) self-suf·fi·cient, adjective; needing no outside help in satisfying one's basic needs, especially with regard to the production of food

(2) backup systems include but are not limited to: clean water, food, shelters and essential tool production and delivery systems not reliant on electrical or petroleum powered mechanisms. Some possibilities include but are not limited to harvesting natural gasses from waste systems and incorporating gravity plumbing wherever possible.

View more content created by Petitioner Spencer Joseph Barrett:

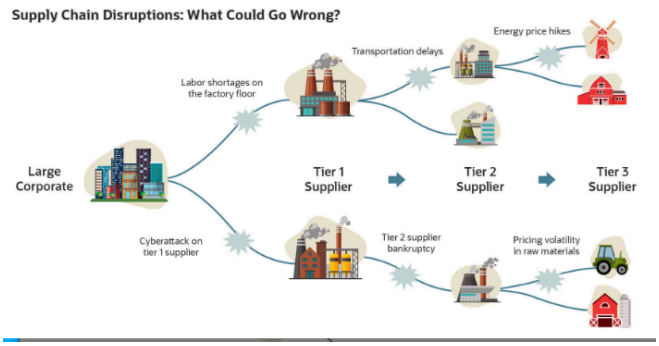
Youtube channel: S.J. Barrett

https://youtube.com/@spencerduhbarrett

Facebook page: Conscience Culture

Facebook page: CascadiaNow Corvallis

Facebook page: replay media productions
www.archive.org/details/@endtheschism
www.archive.org/details/@sjb177



(image from: https://www.netsuite.com/portal/resource/articles/erp/handle-supply-chain-disruptions.shtml?fbclid=IwAR3-eiymJ5zz2WXMglxc96gMODdCrThVMiaH7gArBUroPyFmIs8JWnioX5o

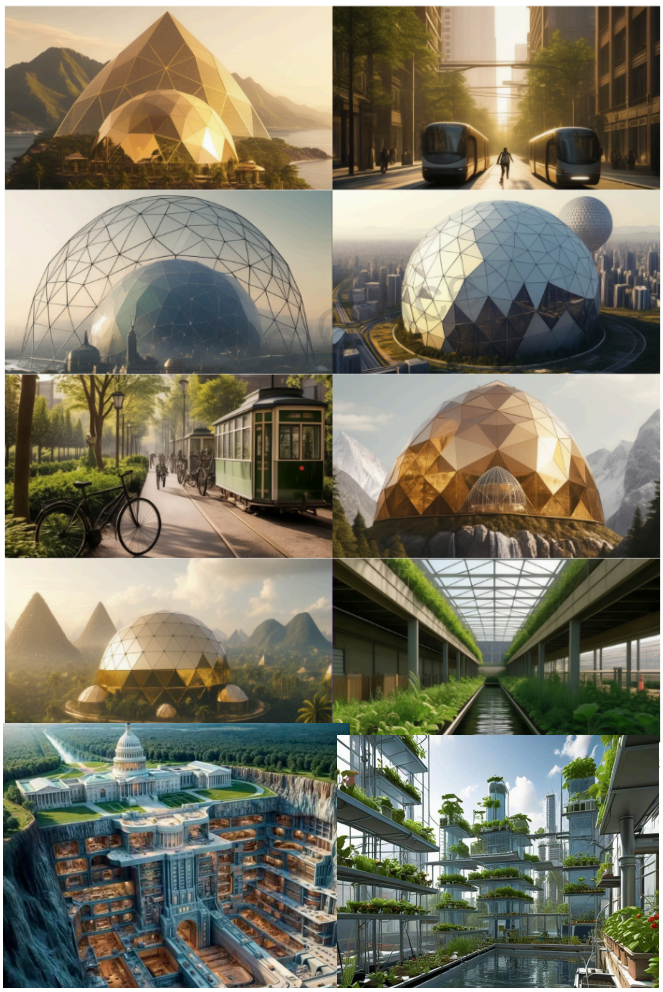
PUBLIC MANDATED TRANSPORTATION MEDICAL HEALING CENTERS

I. Public Mandate Emergency Disaster back-up Essential Hydration and Nutrition Systems
(a.) Spirulina Algae as the most efficient source of nutrition and bio-fuel (or also compressed pellets for stove use), in regards to space and daily yield of 2x its biomass.
(b.) Methane Compost Piles Can produce Gas that can be supplied alongside
(c.) Electric-free Gravity-Plumbing Water Delivery System; the water delivery system should include a natural electric-free filtration device such as can be utilized by a single precipitation catcher (atmosphere dome/cover/wrap).

II. Public Mandate Universal Health Care Red Cross Centers, Holistic Medicine, Warming and Emergency Shelters.
(a.) Raising the bar of indoor buildings with ventilation to illuminate/eliminate* all potential contaminates by strong negative pressure vacuum air outtake and filtration system.
(b.) Streams flowing into diverse array of pools and a bountiful garden filled with a diverse and numerous arrays of flora and fauna.
(c.) Speedy electric (single use or passenger), light weight low impact vehicles.
(d.) The biofueled speed train runs between centers all along west coast as different environments encourage different health condition environments of air, soil, water and food holistic health (see more, III(a.)) management and care team.

III. Public Mandate Inter and Inner City/Center Transport Speed Rail.
(a.) Along west coast corridor powered self-sufficiently and sustainably by biofuel algae plants.
(b.) Resolving inner city, work/ school/ recreation traffic injuries and deaths while also recycling excess toxic algae contamination sites in local rivers and lakes. Respecting valuable cultural or aesthetic landscapes and scenery (could build underground)

IV. Public Mandate Nonprofit News Collective and Archive.
(a.) For Real News and Direct Solutions to Local and Global Issues People in your area are already engaged in solving. One place to get all the info from all the best groups in your city



5

Conscious
Culture

Terrorism and the Electric Power Delivery System
National Mitigation Framework
Building CULTURES OF PREPAREDNESS
FACING ADDICTION IN AMERICA
Global Estimates of Child Labour
Body Count
WATER AND CLIMATE CHANGE
THE HUMAN FACES OF MODERN SLAVERY
LEAVING NO ONE BEHIND
Research Institute
Global 500 2020

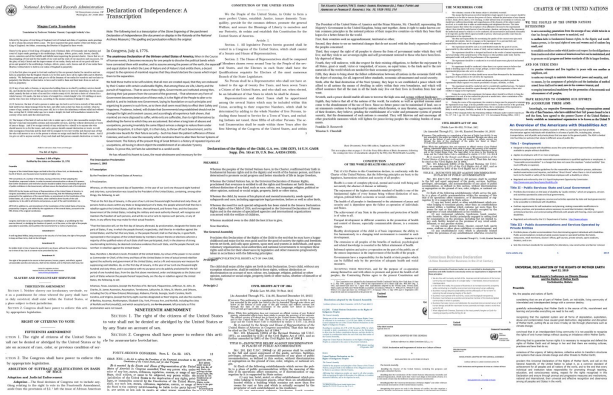
6

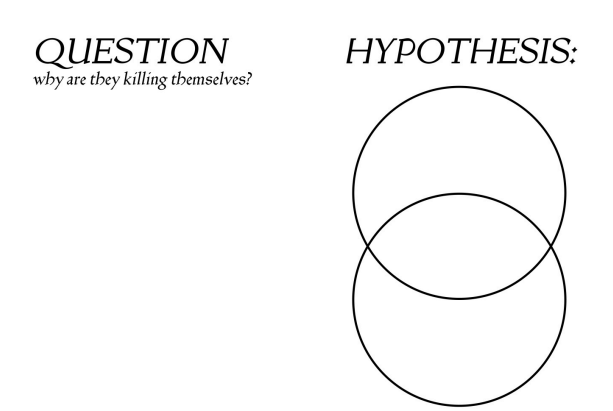
DEFEND THE SACRED
WE ARE WATER
DON'T SHOOT
STOP POLICE BRUTALITY
DOWN WITH CHILD LABOR
LIFE
PRO CHOICE
END MODERN DAY SLAVERY NOW!
JOBS! NOT JAILS!
YES TO LIFE NO TO CULTURE OF DEATH
SCIENCE NOT SILENCE
GIVE ME CHOICE OVER MY DEATH
ASSIST US! LIVE NOT DIE
NOT DEAD YET
WE WON'T FIGHT AND THE RICH MAN'S WAR!!!
STOP FINANCING OPPRESSION
THERE IS NO PLANET B
WE ARE THE 99%
HOUSING IS A HUMAN RIGHT
THIS IS STOLEN LAND!
TOO LATE TO PRAY
OCCUPY WALL ST.
ANTI-FASCIST

7

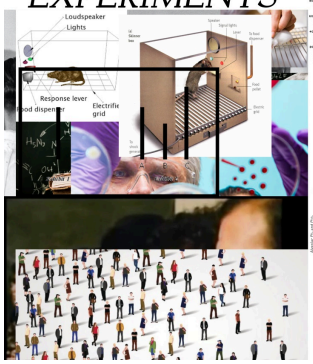
Microsoft
Google
Walmart
amazon
add crime
suicide
tech
prescriptions
"defense"
modern and ww2 spending
comparison potential

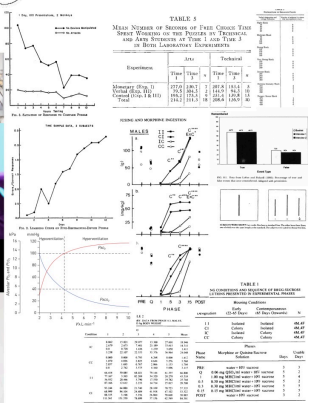
8


Declaration of Independence: A Transcription

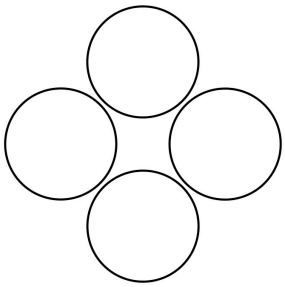

QUESTION
why are they killing themselves?
HYPOTHESIS:

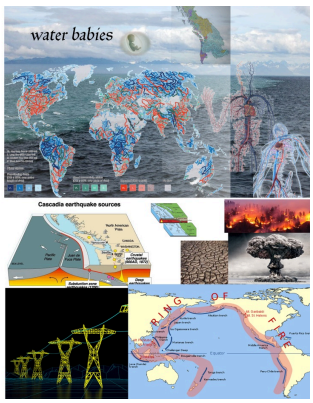
EXPERIMENTS



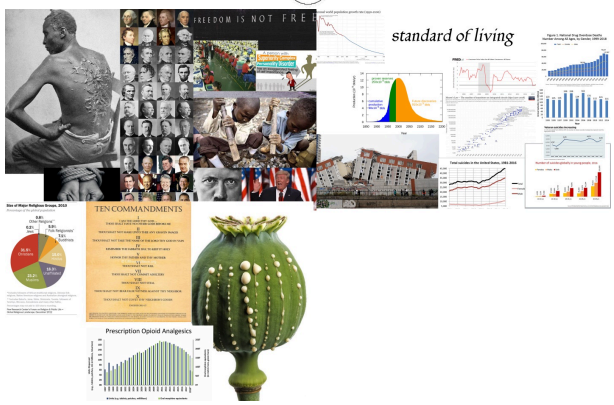


ANALYSIS

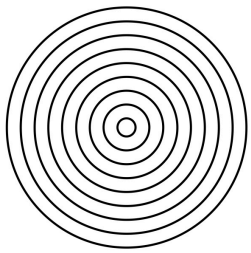


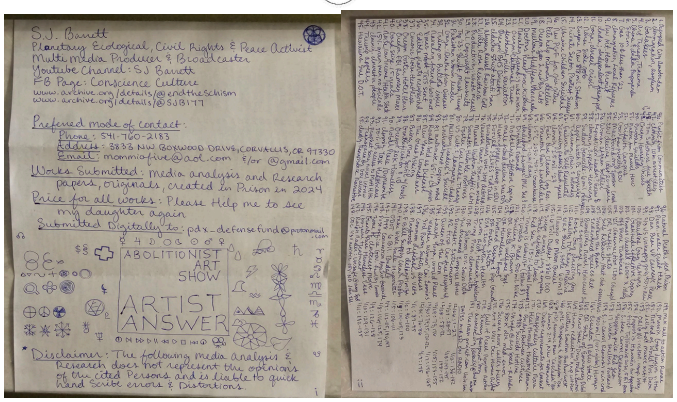


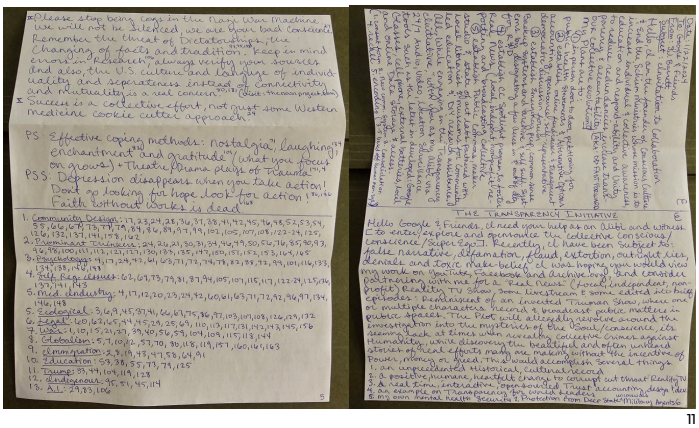
standard of living



CONCLUSION







https://www.kickstarter.com/projects/589866203/228352474/edit/plan

What you should have: I should have the basic essentials and a level of security to engage in higher pursuits (not just survival). I can work with a 20dollar smartphone from walmart or I can produce much higher quality media if able to afford and store a laptop, computer, cameras and hard drives which I've lost in a recent divorce.

The research Is finished where a product can be deliver but research is always encouraged and an ongoing process as a means of maintaining growth as an individual and group. To create a workable timeline, checklist to bring the project to a simplified, organic and natural finish.

Detailed Description of Product Idea: versions: 1. Emergency and nonprofit news channel/multimedia digital magazine. Providing local, monthly (weekly, even daily) updates to local news, events, services tackling a wide range of social justice 2. The simplest, first model for ensuring nutrition requirements can be met in case of long-term disasters, blackouts, etc. 3. From there the R & D team can work upwards to create simple tech able to be produced on-location with renewable local materials. Beginning with and working up from basic essentials: essential nutrition (high density and low impact/space), warmth (fuel, shelters, garments), water (promoting organic and natural, non-additive storage, recycling and delivery system nonreliant on electrical system), and then to work upwards towards producing a diverse array of technology different for each city, culture and location (some may prioritize washing machine and dishwaters while others prefer to invest in transportation or portable and protected microgrid energy systems)
From first providing the space for this development to gradually increasing and improving in abilities and products, all centered around local design with net zero in mind.

A High-level development plan: The Plan will progress daily by a series of tasks which are open for public review and comment.

What we and your backers expect: The Backers should expect a digitally delivered multimedia magazine and the ability to monitor community led development of a space dedicated to emergency backup systems research and development

A business plan that includes:
How this product solves a problem
Who benefits from it

Your budget and distribution plan: I can create the rest without spending any funds by using free community services such as the public library and mobile devices I currently own. But if budgets are available I will not hesitate to put them to the best use, streamlining my teams progress reports for public comment and review

Potential risks, including legal and regulatory risks: The only risk has to do with receiving the payment and ensuring any copyrighted works are accounted for. Possible need to create originals of each image with copyright issues.

Early sketches or mock-ups of your product
Please view: "photorealistic magazine mockup" , archive.org accounts (endtheschism, sjb177, spencer_barrett) and more []

Research that supports your conclusions
Please view: Multiple Research References

https://archive.org/details/cc-timeline-self-discover-pack

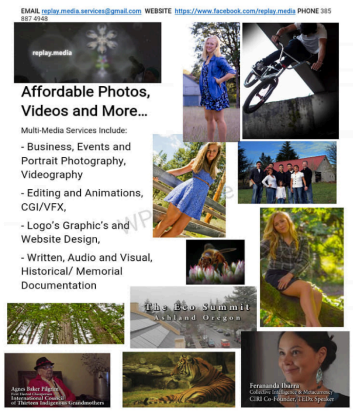
https://archive.org/details/universal-declaration-of-human-rights-12101948-paris/Declaration%20and%20Programme%20of%20Action%20Peace%20A_RES_53_243-EN/

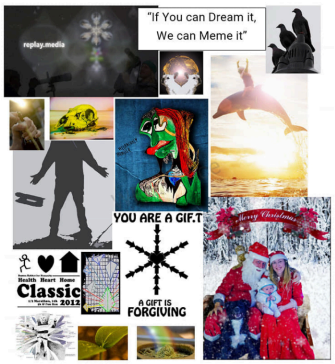
What you should know
the product has been designed since 2017 and already multiple formats and versions exist

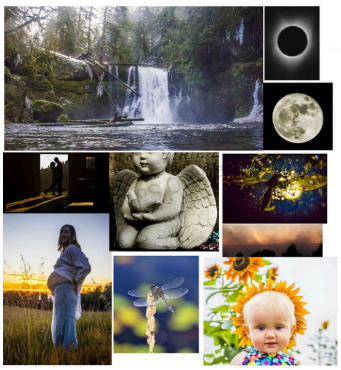
S.J. Barrett

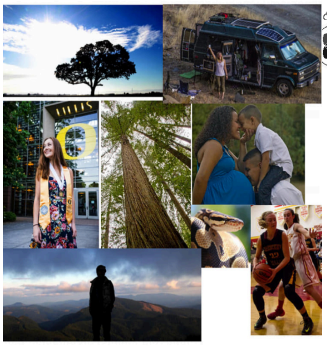
Planetary Ecological, Civil Rights and Peace Activist
Art Director, Multimedia Productions and Broadcasting
https://youtube.com/@spencerduhbarrett
https://archive.org/details/ccMAGv1.21/page/n1/mode/1up

5417606586









CC Spotlight Training Program

(CC) Community Conversationalists;
Multimedia Journalism and Broadcasting
World-Historic Conscious Activists, Relaying Information, Raising Community Awareness About Individual and Collective Health issues.

[replay.media>About]

Using the Power of Media and the Internet to Communicate a Culture of Peace

"Television had shrunk the world; and had in the process become a great weapon for eradicating ignorance and promoting democracy." - Nelson Mandela

Knocking down one of the 8 pillars of The Culture of War 'Secret Information'. Contributing to a Global, Free Open Source Collective Archive of Peace Literature and Educational Media. Providing Cultural, Bio-Regional Educational service media programming, community outreach events and training programs. Expanding Global Peace Literacy.

Raising Community Awareness

One on One Training in Transparency Reporting. Actively going out and inquiring your local community. Exploring Individual and Collective Health issues and solutions. Raising Community Awareness and Collective Health is an effort of efficiently relaying accurate information. Social Transference Theory/Application

World-Historic Conscious Activists

Following the Culture of Peace Movement and defending the Declarations of Universal Rights. Employing the principles and self development action plan laid out in 'Psychology for Peace Activists'. Gaining a firm grasp on, 'The History of a Culture of War' and the current resolutions provided by the United Nations.

activism support. By documenting and broadcasting bio-regional educational content and community oriented co-creative constructive solutions replay.media challenges the status quo of a fear based media controlled society and aims to solve the present day socioeconomic issues involved with living amidst an age old, state sponsored, Culture of War*

replay.media provides a variety of resources (see 'Services') to assist in the development of the *World Historic Conscious* Culture of Peace**

The United Nations Adopted Resolution and Declaration on a Culture of Peace*, 1999

Adams, David *The History of a Culture of War*, 2009

'World Historic Consciousness' Adams, *Psychology for Peace Activists*, 1987

replay.media has co-produced several educational motion

- 2015, *Museums, Change and Our Future* - In Association with Lane County Historical Society
- 2015, *Peace Activists of the Vietnam War* - In Association with Community Alliance Lane County
- 2016, *Creating an Eco City with Indigenous Wisdom* - In Association with Peace Production
- 2016, *The Ashland Culture of Peace Commission* - In Association with Peace Production and Published on CPNN
- 2016, *Introduction to CascadiaNow!*

I think, what has been lost of the old way tradition? Why is it not practiced? Why do more not desire or consider living in tipi communities or long and plank houses, and other natural building materials? Enjoying the old, the natural way of life, wood fire, Off the grid, true freedom from the confines of federal governance at work in the cities and states. The forest, the frontier, self- sufficiency - What I like to imagine, was a preconscious American dream, the American self-made [sufficient/sustainable] man capable for providing for his family without the need to rely on the foreign, state or federal, powers.

To say the government doesn't care about them [the native americans] anymore, after taking away their recognition, is true, but, the federal government never did care for the Indians or the Indian way of life besides romanticizing Lewis and Clark; which they don't succeed at very well because very few people in the modern day can recall or even acknowledge the challenges and fears that accompanied both the Natives and the Europeans pioneering to new lands. Although it appears blatantly obvious that the Europeans (or more accurately, their political governments - ref democide statistic from https://docs.google.com/document/d/1XqjMt3fEQjMT41GzfVZkpfEqUhM8SsccG6Kk94cS8KA/edit?usp=sharing) devastated an insurmountable number of native Americans; There are examples of men who retained their honor and dignity around the Native Americans, and maintained their word in treaty and truce; one example is the common folk hero, Johnny Appleseed (Contrary to popular belief, he was not a Christian, much more pagan and identified strongly with the indigenous lifestyle inherent in us all, just some much more recent and unaccustomed to the European legacy of slavery and abuse of its own people, from sacrificing saints to burning citizens at stakes, electrocuting and injecting them are just a few of the cruel and unusual punishments still employed today)

The natives had the same rights we all had when the constitution was originally drafted. The forming of a federal government or coalition of states was never intended to assert rights over the people. these right are still not asserted (as will be discussed more in detail), and minorities of all public sectors experience a downfall due to insufficient inner governmental relations [pseudo community].

All cultures; school, work, family, just to name a few - [experience pseudo-community and] are caught up in the capitalist globalization culture of superficial appearance, identity dissociation [lack of space and place, knowledge of their own past or family history, knowledge of the place around them and the flourishing life system that they rely on] -- until they are fully trade certified and increasingly aware of their import and outport, or more preferably - completely self-sufficiency, they are likely a capitalistic globalism business venture profiting off of human rights abuses (ref. Persuasive speech doc - https://docs.google.com/document/d/1JTJnHlWcEl1-nR9c-ci8vhX9qu5qDkq6Kd0OtDxgteU/edit?usp=sharing) utilizing all the citizens to engage in modern to futuristic trade skills, utilizing technology for the monotonous mindless work humans need not, unless they prefer of course, unconsciously not realizing the technology they already employed. Nothing can be unnatural. If it is empirically evident and exists in this reality it is natural; phenomenal, to be expected.

So to say some technological advances are not natural is complete ignorance. Without nature, technological advances could not be made, the reorganization of nature is what constitutes technology. Manipulating our hands, fingers, technologies exist everywhere and aid as tools for navigating our place and space. Bioregionalism is a practical science. It can be measured and we can create an end that justifies the horrible ongoing means/horrors of this nightmarish culture of war.

But our ability to be educated of and to assert these historically developed and rights has always been a question: [Prudence as defined in the US Declaration of Independence "all experience hath shewn, that **mankind is *more disposed to suffer,*** while evils are sufferable ***than to right themselves by abolishing the forms to which they are accustomed***."]

> "Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn that mankind is more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security." - The United States *Declaration of Independence*

The federal government was never supposed to even exist or have the power to take natural citizenship birthright due-process rights away from them;

> "federal (adj.) 1640s, as a theological term (in reference to "covenants" between God and man), from French fédéral, an adjective formed from Latin foedus (genitive foederis) "covenant, league, treaty, alliance," from PIE *bhoid-es-, suffixed form of root *bheidh- "to trust, confide, persuade."

The original bill of rights protected against the conglomeration of powers., the first amendment in the bill of rights, is instituted to protect us from being enforced into another religion. This is just a small example in the multitude of high-value moral truths not actively being considered when putting in context to women's rights, slaves and the massacre of indigenous peoples. Irrational Decisions Based on what can be viewed as an originally enlightening document paving the way for a culture of peace; ascertaining all men as equals The Renaissance and Scientific Revolution, created poets and environmentalists just as well as adventurous conquerors. The "real colonial legacy" is based on the symbol of the statue of liberty and the US as a place of protection for the innocent. Unfortunately, this is at the expense of a federal system is bent on profiting off the innocent. Collective powers always corrupt such as the capitalist globalism dominating today

A re-education, of our own cultural heritage (the Europeans and scientific origins), have paved out philosophical, environmental and sociological considerations more than 2 thousand years ago.

From the beginning of civilization, humans have created covenants between man and god, agreements, and governments were installed to honor that covenant. The word Federal as defined by (1. etymonlne.com):

federal (adj.) 1640s, as a theological term (in reference to "covenants" between God and man), from French fédéral, an adjective formed from Latin foedus (genitive foederis) "covenant, league, treaty, alliance," from PIE *bhoid-es-, suffixed form of root *bheidh- "to trust, confide, persuade."

The first nation-state of Mesopotamia in 4,000BC, had an economy based on exploitation, with slaves at the base. (2. http://culture-of-peace.info/books/history/mesopotamia.html)

> "From the fourth millennium BC in Mesopotamia, each Sumerian city-state was headed by a leader who was called *lugal*, 'big man', or *ensi*, 'prince-priest'. He was appointed by the god to rule the city and was supposed to live in his temple. Texts describe royalty as power coming from the gods, a tradition passed on to the Semites as it crops up again in Babylon and Assyria, where the kings' names had similar meanings. They derived their power from their enthronement and coronation. An extensive vocabulary referring to divine light and divine splendor was used to describe their attributes. Since the king was responsible for building temples, organizing offerings to the gods, worship, sacrifices, and feasts, functionaries gradually replace him and various duties were delegated to priests." (2.)

Gradually, Commandments, Declarations, Constitutions came to form and can be discovered throughout the archeological record: 1754 BC - The Code of Hammurabi, 539 BC - The Cyrus Cylinder, 239 - 232 BC - The Edicts of Ashoka, 622 - The Constitution of Medina, 1215 - The Magna Carta, 1240 - 1305 The Zohar, 1776 - The U.S. Declaration of Independence, 1789 - The US Bill of Rights, 1948 - The Universal Declaration of Human Rights, 1959-1989 - Declaration of the Rights of the Child, 1999 - Declaration on a Culture of Peace, 2007 - Declaration on the Rights of Indigenous Peoples, 2010 - Universal Declaration on the Rights of Mother Earth, just to name a few historical examples. However diverse, similarities can be found in all the prior documents leading up to the Magna Carta and declaration of independence. Revolving around Ownership, Claims to land and right to rule and enslave.

The Declaration of Independence set the standard for a new group of revolutionaries pioneer and adventurous sons of the Enlightenment (a period of scientific and artistic re-discovery and revolution) out sprung the sciences of chemistry, physics, biology, microbiology, behaviorism and more. Including statements still more relevant than ever;

> **We hold these truths to be self-evident, *that***
> ***(1) all men are created equal, that***
> ***(2) they are endowed by their Creator with certain unalienable Rights, that among these are***
> ***(i) Life,***
> ***(ii) Liberty and***
> ***(iii) the pursuit of Happiness.***
> **--That to secure these rights,**
> **(3) Governments are instituted among Men, deriving their just powers from *the consent of the governed*, --**
> *(4) That* ***whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it*, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to *affect their***
> *(5) Safety and*
> *(6) Happiness.*
> **(7) Prudence** - all experience hath shewn, that **mankind is *more disposed to suffer,*** while evils are sufferable ***than to right themselves by abolishing the forms to which they are accustomed***. But **when *a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism*, it is their right, it *is their duty*, to throw off such Government, and to**
> *(i) provide new Guards for their future security.* - now the necessity which constrains them to alter their former Systems of Government. The history of the present [Ruler] is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world. *He [the ruler] has;* *(((this is just limited to the current president of the US but the most recent and foreign ones as well controlling international affairs)))*
>
> 1. ***Refusing his assent to laws**, the most wholesome and necessary for the public good [tax record, and full transparent disclosure]*
> 2. ***Refusing to pass other laws for the accommodation of large districts of people**[environmental and job security]*
> 3. ***Calling together legislative bodies at places unusual,** uncomfortable, and distant **from the depository of their public records** [secret meetings, reporters not allowed]*
> 4. ***Obstructing the Laws for Naturalization of Foreigners** [current imprisonment of thousands of foreigners of holocaustic magnitude]*
> 5. ***Erecting a multitude of New Offices, and sent hither swarms of officers to harass our people,** [pro trump nazi rallies and trump tower, golf courses]*
> 6. ***Keeping among us, in times of peace, standing armies without the consent of our legislatures** [private militias, CIA and drug trade, standing rock, current foreign influence and policing internation[chomsky south America and more, terrorist development]*
> 7. ***Protecting, by a mock trial,** from punishment for any murders which they should commit on the inhabitants of these states [recent department of justice, alleging poor memory or ignorance of departments own statistics]*
> 8. ***Cutting off our trade with all parts of the world** [chines, international and regional state to state restrictions]*
> 9. ***Plundering our seas, ravaging our coasts, burning our towns, and destroying the lives of our people***
> 10. ***Transporting large armies of foreign mercenaries to complete the works of death, desolation, and tyranny***
> 11. ***Endeavoring to bring on the inhabitants** - whose known rule **of warfare**, is an undistinguished destruction of all ages, sexes, and conditions [support for pro-nazi and holocaust denying trump suppeorters]*

In 1789 the US Constitution was drafted with the Original 10 amendments;

" **in order to prevent misconstruction or abuse of its powers**, [of the Enumeration of State Powers, AKA, the Federal Government] that further declaratory and **restrictive clauses** should be added: And as extending the ground of public confidence in the Government, will best ensure the beneficent ends of its institution" , the original 10 amendments, AKA, Bill of rights as follows;

1. **Freedom of:**
    a. **Religion** (Belief, Self-Truths,)
    b. **Speech** (Advertising, anonymity, non-discrimination)
    c. **Press** (Reporting, Transparency)
2. **The Right To Bear Arms**
3. **The Housing of Soldiers** [Standing Rock, Iraq, etc]
4. **Protection from Unreasonable Searches and Seizures** [the allocation of natives from their homeland (seizing after the search (Lewis and Clark), and laws broken by police under false-pretense/discrimination/implicit-bias)
5. **Protection of Rights to:**
    a. **Life**
    b. **Liberty**
    c. **Property**
6. **Rights of the Accused person in Criminal cases**
7. **Rights in Civil Cases to trial by jury**
8. Excessive Bail, Fines, and Cruel and Unusual Punishments Forbidden
9. Rights kept by the People - The enumeration in the constitution [AKA the conglomeration of states making up the federal government]
14.
    1. Citizenship Clause; "All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside"
        a. Birth Right Citizenship
            i. *The provisions in Section 1 have been interpreted to the effect that children born on United States soil, with very few exceptions, are U.S. citizens. This type of guarantee—legally termed jus soli, or "right of the territory"*
    2. Due Process Clause
    3. Equal Protection Clause

And the following Declarations of Universal Human Rights of all men, Children, Cultures of Peace, Indigenous and Mother Earth

*manifest destiny; is a unique sociological phenomenon with rreference to psychology "self-prophecy" and early childhood education reports of projective identity impacting user expressions over distance[self-prophecy in early child education ddocument - https://drive.google.com/file/d/1kVDdJJlklqL--IfxqQqPtdWEpuqOaF3w/view?usp=sharing] and longitudinal studies and psychological reports]

THE FEDERAL GOVERNMENT HAS ALWAYS HAD THE ADVANTAGE AND INTEREST IN PROFITING FROM DISORGANIZING THE DEVELOPMENT OOF OTHER SELF-GOVERNMENTS

STATES
    CONTROLLED BY THE FEDERAL GOVERNMENT
CITIES
    RELIANT ON STATES RELIANCE ON FEDERAL FUNDING
NONPROFITS
    GOVERNMENT DEVELOPMENT
POLICING PUBLIC DEMONSTRATIONS
    INTERNAL USE OF WARFARE AGAINST CITIZENS

Since we have always had the power to govern ourselves let us do so, based on a real response to the number of human rights declarations and developments (Independence, Human Rights, Rights of the Child, Culture of Peace, Rights of Indigenous peoples and mother earth) which h before and since the ongoing traumas. To create a self-sufficient model, actively enforcing the most important pro-life, win-win, constructive team problem-solving rights that have been laid out [as a "proto(original-or-primitive)-call"] before our species.

Sacred Plants as Guides:
New Dimensions of the Soul

Address to the Jung Society

1991

Location, Claremont, CA

Original Transcription by: [02/21/2015 - Spencer Barnett]
Review 1 by: [06/27/2017 - Spencer Barnett]
Review 2 by:

Description

- Audio Link - 03:35:35
- Video Link
- Transcription
- Other links

Introductory Host

[*Fade in Laughter from Audience*] Without further ado, I want you to Welcome Ethnobotanist Shamanologist and Visionary Terence McKenna **[*Audience applauds*]**

[Video Fades in on Terence Mckenna who is seated cross-legged, under a whiteboard in the front of a large lecture room at the Claremont College in Southern California, 1991. Terence McKenna who is Addressing the Jung Society of the Greater Los Angeles Area led a day long Workshop, 'Sacred Plants as Guides: New Dimensions of the Soul'. - Later in the lecture as the Camera pans back around to view the Audience, the viewer can see a room filled to it's capacity with hundreds of individuals attending]

Terence McKenna

Well, it's a pleasure to be in Southern California and in Claremont addressing the Jung Society but before we get into the main body of all this, I will personally introduce myself to some of those who may not know me.

I started out my Academic Career as an Art Historian with a major in Asian languages. That took me to Asia and sort of Disillusioned me with Traditional Spiritual approaches in the Asian Style. I reconnected then with my Childhood Love of Nature and pretty much abandoned the Humanities and went into the Sciences. But by then it was too late to become a *real* scientist and I was too tainted by my time again among the Poets and the Artists, so I had to become a very soft, *hard* Scientist. So I got a degree in Conservation of Natural Resources, about as soft of sciences as you'll ever hope to touch.

I did a lot of traveling around looking for **a viable, vibrant, numinous approach to spiritual reality**. The only place I found it was in the **Amazon Basin**, where as you know there are extremely Archaic groups of people. People who never submitted themselves to the Historical Process, the way, the peoples of the Middle East and Europe did and there, there flourished, through the use of Chemically Complex Plants, *Techniques and Traditions for Accessing a World Inviable to the Rest of Us*; a world of Forces and information that is Transhuman, Supernatural, if the word means anything. This supernatural dimension is anchored in the plants that live in our world.

My brother was a Botanist and I had Botanical Training - as we studied the Psychoactive Plants of the World, especially the New World Tropics where they seem to be Concentrated. We were Simultaneously Exalted by the Realization that we had found a Doorway; ***a Real Doorway into Hyperspace*** and at the same time [we're] tremendously upset and alarmed by the fact that this doorway is in the process of **being dismantled by the Forces of Human Ignorance** that are **not Aware of its Existence.**

This was the Impulse behind the decision on the part of my partner, Cat and I, that these plants must be saved. They must be preserved in Germplasm Repositories or Botanical Gardens or something like that. *Toward a day when they can be studied and the power, the dimensions within them can be given their real weight.*

So to this end we founded a Botanical Garden in Hawaii that is specifically dedicated to preserving plants with a History of Shamanic Importance and I mention this because this is the real world political work that we do and everything else that I will say today will be barely anchored in a world familiar to most of us. But there is a Political Anchoring, there is a place where it all comes tangential to the World Bank and the IMF and the Host Governments and so forth and so on. *It is tremendously important to preserve this shamanic option if for no other reason then we do not know what it is we do not know* ***What it is We Do Not Know.***

At the break if you come up, our Newsletter of the Botanical Garden is the large stack of beige paper and there are 300 copies of that so I hope there's enough for everyone - we do exist on donations so if any of you are philanthropists we can certainly tell you how to spend your money - we have many plans for your money.[Audience Laughter]

I wasn't kidding about what an honor I think it is to address the Jung Society. At one point in my life my greatest desire was to become a Jungian Analyst and I had the good fortune of coming upon Jung very young. I was about 15 when a very precocious friend of mine brought **Psychology and Alchemy** in the *[Carrie F Banes?]* Translation.

I think it had just been brought out. We were stunned and we read it from cover to cover and then went on to **[Mysterion Conucti-onase Ion the Studies and the Phenomenologies of the Self]**. I said to someone yesterday, "We read all the books of Jung that the Jungians never read, they seem to stop up there at the front of the line with the Archetypes of the Collective Unconscious and the Personality type - but to my mind, it was the late stuff that was fascinating."

I am slightly puzzled and we were talking about it last night at the distance between the Jungian Community and the Psychedelic Community - because they seem to me, the unschooled observer, to be definitely sharing the same concerns and strangely enough they share much of the same history and geography. Bosal was of course Jung's home town, it was Albert Hoffman's home town. Did one half of town know what the other half was doing? [*Audience Laughter*]

I'm not sure. The relationship to Jung to the unconscious - to the Collective Unconscious as it's 'discoverer' has been always somewhat puzzling to me because of course if you know the history of 20th century art you know that da da which was the great prefigurative movement for surrealism rose in Zurich.

So you know we got LSD, the schools of Modern Art that laid great stress on the irrational and the great schools of Psychology that extended the boundaries of the Unconscious, all rappelling around in these Little Swiss Towns. It's interesting to imagine conversations or meetings that might have taken place when people slightly left their ordinary habits and wandered into bars they didn't know and drank with people they never met before.

Because Jung provided maps of the Unconscious and at 16 when we were beginning to experiment with this - and let me stress this was before the Great Social Waves of LSD taking of the 1960s - just preceding that from about 1963-65 we were frantic for Maps of the Unconscious. And Freud was useless, I mean the notion that the contents of the psychedelic experience could be reduced to what Freud called Day Residues and Repressed Sexual Desire - didn't wash within 10-minutes you could tell that was not a serviceable metaphor [Audience Laughter]

Jung on the other hand offered a Vast Pantheon of Gods and Archetypes and Psychic Complexes Forgotten or Abandoned. I mean I thought of Jung basically as what I call a Noetic Archeologist, someone who goes with toothbrush and nutpick to dig away the Detritus from the Bones of Vanished Idea Systems

If any of you have read the complete - the Works of Jung in the **Bollingen Set**, you know that the richness of it is all in the footnotes. I mean here was a man who raised the footnote to a high art and who was aware of a literature that nobody else - to my mind, that no one seemed to know about.

Jung's references reach a thousand [10:00] years deep into the past with Great Density of Reference, this is where I learned about **[Macrobius and Dosephius and Dionysius the Pseudo Areopagite]** and all those other folks that you just never hear about. It was my introduction to the underbelly of Western Civilization was through Jung.

To my mind - now i'll find this into today's theme - I think mentioned that, Jung did not have a lot to say about Shamanism. He came to it late in his life and he had already worked through the Massive, **the Exegesis of the Symbol Systems of the European Mind** and so he was sort of content to indicate Shamanism as an area where more work was to be done. Then the great follow up scholar who was **Mircea Eliade** who then actually studied Shamanism showed what it's Archetypal Underpinnings were in all times and places. The combination of Jung and Eliade I think pretty much delivered us as firm map of the psyche, as dependable a map of the Psychic Geography as we can expect to have until we make the trip ourselves and readjust the landscape with our own notes and observations.

For Jung, the Great Path into the Unconscious was Alchemy and alchemy is an interesting pivotal domain because I think we could in a way say it lies halfway between the concerns of an Archaic Shamanism and halfway between the concerns of a Quasi Scientific Psychedelic attempt to explore consciousness.

Mircea Eliade wrote a brilliant book on alchemy called *the Forge and the Crucible* which is the bridge to show you how you go from Jungian Psychology into an understanding of alchemy that approximates Eliade. The notion for the alchemists that Jung brought forth very strongly, was the idea of projection of Psychic Contents, Projection of the Active Imagination onto Processes and Objects in the Exterior World.

In the case of the Alchemist it was the swirling chemical processes in their alembics, in their alchemical vessels that they projected the Great Round of the Archetypes onto these Chemical Processes; they saw Crystallization, Sublimation, Separation as *Statements about the Contents of the Psyche* as much as *Statements about the Exterior World* - because for them the firm division between Mind and Matter, the firm ontological division between Mind and Matter, that is built into Western Thinking now did not exist. That comes with **Rene Descartes**, with the invention of what's called the *Reasetenda, the Extended World* and the *Resverens, the Interior World*, which has no spatial dimension.

For the Alchemist, Mind and Matter were two terms whose exclusivity could be blurred under certain circumstances and the terms of one could migrate toward the other. Well, now we as moderns - ordinarily only experience this state when we are intoxicated by *Hallucinogenic Drugs* or when we are in a state of *Severe Psychic Weakness*, when there is then overwhelment from the Unconscious that is not 'with the permission of the ego' as what happens with the Psychedelic Experience.

All these various ways of approaching the psyche seem fairly abstract and bloodless and removed from daily existence, unless the Psychedelic Experience is Present. And then it vivifies these metaphors, it makes clear what these various Perennial Traditions are talking about.

What I thought I would try to-do today - and you're welcome to steer it other directions in the question and answer period - is the workshop is Sacred Plants as Guides. A lot of information has to be imparted if we're going to satisfy my pedagogical urge here because I would really like to leave you with information that you didn't have before, some of which may have practical efficacy in your own life.

So in thinking about this very large issue: **Sacred Plants as Guides.** I basically break it down into three categories for ease of handling in a context like this and they are a kind of survey;

- **What / How Many of these Plants are there?**
- **What are the Chemicals that drive them?**
- **What is their Geographical Distribution?**

In other words, what are the *botanical facts of the matter*. Then, secondly I think that in order to understand what these things for spiritual growth and psychic development you have to place them in a context, and the context is *Chronological and Historical*; **Have these things always been around? Have Shamans always been taking them? How do they relate to the Synthetic Drugs that have been developed in the last couple of centuries?**

So The History of our Relationship to the Pharmacologically induced Ecstasy and then finally and probably we'll get to this this afternoon; the Phenomenology of the Experience and the Techniques for Achieving and Controlling it because this is a practical. There is a practicum here, this is not a course in Mongolian Philology or something like that [*Audience Laughter*]

The Ultimate Idea is to get those who feel called to the task, sufficiently informed and psychically empowered so that they can push off into the Oceans of Mind and the interior. With some fair amount of confidence that they'll return to port [*Audience Laughter*] with all hands.

So, let's start with the survey and just talk about what the options are, and this will be sort of unstructured and conversational with forays into other areas.

First of all, the striking thing when you want to study Psychoactive Drugs and plants and their impact on human culture - and that's really what interests me - is *how drugs affect culture*. After I went through Jung and Iliad my next port of call was Mcluhan.

I absorbed very deeply the notion that Media Structure's Civilizations in ways that the Civilizations are Never Aware of and Jung of course talked about print and manuscript and electronic culture, he did not talk about drugs, but drugs are a form of media because... [image reference 1, Humanus, Humans, Hormones, Information Relayers, Response Mechanisms, Tensions] - information travels through the drug to the mind - that's a medium of Communication! Various Societies wear drugs like clothing with no awareness of their existence at all, someway in the way that a fish relates to water - So that for instances, if you're in Dublin you are swimming in the ambiance of an alcohol culture - you don't have to be drunk to be in Dublin, although it helps, but, the entire society is premised on the possibility. The Entire Society is Premised on the Possibility. [that being drunk helps?]

In India the entire society is premised on the possibility of Hashish intoxication and Social Morays, Building Design, everything takes account of this.

Cultures don't see this - we do not think of ourselves as a *Meat, Sugar and Alcohol Culture* -

People do not walk around saying "Oh Wow i'm so high on Meat, Alcohol and Sugar, I can hardly stand it" - but they are! *[*Audience Laughter*]* **and certain consequences flow from that!**

So as I make my way through this survey you need to bear in mind that a Culture takes its Tone, it's Clothing, from the Drugs that it Emits, and you can know a Great Deal about a Culture from the Drugs it Excludes, the Drugs that it Excoriates and Fears. *Because various drugs accentuate the suppressed different parts of the psyche* - so these are statements about anxiety, about various parts of the psyche.

The striking thing when you set out to do a cultural survey like this is that you discover that our Culture - the Culture of Europe [21:08] for most of us, Some of us are Black some of us are Asian, but largely the roots of American culture lie in Europe. This is the most Pharmacologically Impoverished cultural aria on the entire planet. It has the longest history of disconnection from any kind of ecstatic intoxication and the cultural forms of Europe; *Linear, Abstract, Narcissistic and Promoting of Male Dominance* are to my mind exactly what you would expect in a culture long deprived of the Boundary Dissolving, Numinous Encounter with the Vegetable Mind. A lot of the culture problems we are dealing with are based on the fact that we as Europeans have no place for drugs, we don't really know quite what to-do with that.

As you move South from Europe into the continent of Human Origins : Africa, you discover that while Africa supports a tropical ecosystem which because that means increased speciation of plants you would think indicate an increased number of hallucinogens, Africa is surprisingly poor in hallucinogens. This is not well understood - as we go through this survey I will make reference to numerous unsolved mysteries in the field and I always try to-do this because *I'm hoping there are graduate students listening and they are looking for research topics* and there are numerous research areas where important work can be done, one of them is, **this question of Poverty of Hallucinogens in Africa** - why? Does it have to-do with the extreme length of time that Africa has been subject to human impact. Probably, because Africa is species poor, generally, for a tropical continent.

However in the interest of thoroughness there is one hallucinogenic drug complex that should be mentioned because it raises issues that are important for the broader context and that is Ibogaine or

[Image 3 - Bark of Tabernanthe Iboga. According to users in Kinshasa, Democratic Republic of Congo, only 3 grams of shredded bark are required for a single dosage, or cup.]

Tabernanthe Iboga. The so-called *[bedee cults of zyare and gabon?]*. Now this is the psychedelic about which we in the West probably know the least, it has spawned no waves of social hysteria it has not been the subject of padrones or media freakout and it's a powerful hallucinogen and it's not only a powerful hallucinogen but it has a component of sexual excitation which is ancillary and unusual. If you have actually ever looked into the subject of aphrodisiacs the truth is, there ain't any. There are things which cause genital itching and prolonged erection, but a true aphrodisiac, *a chemical that would impel you to want to have sex*, there is nothing quite like that except this tabernanthe iboga is very interesting.

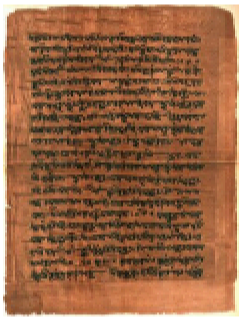
We tend to think of an Aphrodisiac because we tend to break our heart away from our genitals as a kind of cold thing I think but when you talk to these people who are taking ibogaine they don't talk about aphrodisiac they say this causes open heartedness. One Heartedness they call it, and one heartedness is what they are striving for in the *Bwiti Cult* [The Iboga tree is the central pillar of the Bwiti spiritual practice in West-Central Africa, mainly Gabon, Cameroon and the Republic of the Congo, which uses the alkaloid-containing roots of the plant in a number of ceremonies.] and they *achieve* it and it allows them to *resist cultural incursions* by Christian Missionaries.

Bwiti is the main cultural force that is holding back conversion to Christianity by these people. **Fang Culture** the people who are using this ibogaine, it's an interesting culture. There is a great deal of anxiety in Fang Culture about Divorce because in relationships between men and women. Divorce is very easily obtained among the Fang but it's always followed by extremely lengthy and protracted negotiations with the family of the divorced partner about the return of dowry and a huge amount of Neurosis and Agony and Murder and Violence goes on over these Dowry Return Negotiations. The Ibogaine stands right in the middle of this as a source of one-heartedness making divorce less likely - so it's a very important as a force for social cohesion.

I mention this because when we reach ayahuasca - I mean when we reach South America we will see ayahuasca functioning not as a type of aphrodisiac or a thing to unify couples but as a kind of Telepathic Pheromone that Unifies whole small tribal groups together into a One Hearted One Minded Modality. And if we get into a discussion of the possible evolutionary impact of hallucinogens we'll see that it always lies in the direction of these **Collectivized States of Mind and Dissolution of Boundaries** between people. Other than tabernanthe iboga, Africa's hallucinogens are trivial and I won't mention them in the time we have, Cannabis is in Africa as well but Cannabis is Worldwide now and probably has been for quite some time. Cannabis is a special case Chemically and Culturally.

We tend to think of Cannabis as a Recreational Drug but that's because in the 20th century we always smoke our cannabis. In the 18th and 19th century cannabis was eaten and jelled forms of cannabis that were eaten, judging by the pros of people like *Theodore/Theophile Gautier [1811-1872, French poet, dramatist, novelist, journalist, and art and literary critic]*, **Baudelaire** *[1821-1867, a French poet who also produced notable work as an essayist, art critic, and pioneering translator of Edgar Allan Poe, Club De Hachichins]*, *Fitz Hugh Ludlow [1836-1870, American author, journalist, and explorer; best known for his autobiographical book The Hasheesh Eater (1857).]* and people like that it was as powerful as LSD without doubt, I mean these people were being swept into Titanically Alien Dimensions.

Well when we cross from Africa to India, India interestingly of course as you all know tremendous depth of at least concern with the spiritual dimension if not realization of it that's a tougher call. India would be a likely place to look for indigenous hallucinogenic plant cults, simply because of the spiritual obsession that characterizes indian thought.



When we look at the historical foundations of indian thought we find that it all rests on *a group of texts composed between 4500 and 2000 years ago called The Vedas* and The Vedas are nothing less than the world's longest continuing advertisement for a hallucinogenic plant. The problem is we don't know what this plant is. This is the mysterious soma of the Rig Tedas, and **Mandala 9** of The Rig Veda is entirely a hymn to Soma. Soma held hinduism of the vedic phase together. Later it was repressed and again *graduate students pay attention* one of the very interesting problems to be looked at by sociologists social psychologists and anthropologists is; ***How if a drug or a plant once discovered is so wonderful how can these things ever be lost or forgotten?*** And yet in several instances we deal with literatures which sing the praises of some plant or drug, the identity of which we cannot figure out or it becomes a very big arm wrestle between various competing schools of scholarship. We do not to this day know what Soma was.

Gordon Wasson who some of you may know the discoverer the modern discoverer of the mushroom cults of mexico, Founder of the science of Ethnomycology believed to his dying breath that Soma was Amanita Muscaria the red topped white speckled Amanita. This is a mushroom which has a major role in **Tungusic and Arctic Shamanism**, but to say as Wasson did that *this* is the Supreme Entheogen of All Time is not supported by the evidence I think. Wasson's own efforts to become intoxicated on amanita muscaria were not successful. My efforts have not been successful. Occasionally you will hear anecdotal evidence - someone will tell a story about eating Amanita Muscaria and obviously they had a staggering breakthrough - '*a rupture of plane*' as **Mircea Eliade** [1907-1986, a Romanian historian of religion, fiction writer, philosopher, and professor] in his wonderful phrase. But it's extremely undependable and when you look at the botany of Amanita Muscaria you discover that its chemical constituency is Seasonally variant, Genetically variant, Geographically variant and so forth.

So, often I think as we gain understanding of a given shamanism we will see that it depended on an extremely deep local knowledge and if you take what a **Yakut** (The northern (Northeast Asia) Yakuts were largely hunters, fishermen and reindeer herders) Shaman says about the Amanita Muscaria and attempt to apply it in the national forests of New Mexico, you could end up with a tag on your toe [*Audience Laughter*]

This kind of information doesn't travel well.

There are Old shamans and Bold shamans but there are No Old Bold Shamans [*Audience Laughter*]

In looking at the Indian subcontinent for other hallucinogens that may have made a contribution; The obvious one to my mind is **Straferious Cubensis** that which mushroom that grows in the dung of cows and the book that my brother and I wrote was about. Other possibilities some of you may know their are a family of the Argerea family of Morning Glories an asian family of Morning Glories distributed from india to micronesia - thirteen species all containing psychoactive ergot alkaloids and none with a history of human usage. Now this is another area which really fascinates me; ***Why do some plants become discovered by human beings and become the objects of cults which last millennia and others are never discovered at all?*** In societies absolutely obsessed with spiritual advancement. This argyreia Nervosa is the perfect example because you take the seeds the seeds are the active part and you don't need much of this thing you need four or five seeds. Less than a tablespoon of plant material which I would bet would make it pure unit volume probably one of the most powerful hallucinogens in nature. The hallucinations are absolutely stunning and nobody has ever claimed this, its free for the taking. [35:33] This means you can cut a deal with an ally that doesn't belong to the Hindus the Mayans or the somebody else. Its an unoccupied parking space in hyperspace and it's very interesting that the discoveries are continuous. Just a year ago some phyto-chemists in the midwest discovered a new a plant, it's always been there, no one's really taken it very seriously, treated it like a weed, *Desmanthus Elenoyensus, the Elonoy Bundle Weed* - this is suggested that its called bundle weed because a medicine bundle is of course a shaman's mojo bag. So bundle weed 6% by dry weight nn dimethyltryptamine - the largest concentration of DMT in any plant and unclaimed by native people - unknown to the folk medicine of the North American Indians as far as we can tell. Well, so this is very interesting.

Continuing our survey, since we're now somewhere on the Eurasia continent we should mention **Pavisoanaphorum The Opium Poppy** with Cannabis this is probably the oldest human Narcotic Minoan civilization was entirely based on opium, on the use of opium [36:23] and in fact when **Michael Ventrist translated the tablets, the linear b tablets** they got these tallies and they thought at first that the symbol for opium must be the symbol for wheat because the tallies were so huge of the things being moved and sold and then when they sorted out they realized, no, for the last 1000 years of its existence the Minoan Civilization drifted Deeper and Deeper into an Opium Narcosis, that was its way I think of anesthetizing the pain of the death of this last outpost of The Goddess Religion. Because that's what it was it was a cultural anachronism. While asian minor had gone over to god king city states and bronze tipped spears - the people of Minoan Crete had kept the old old archaic religion that came out of africa and then in the last gasp of that minoan culture those mysteries were handed on to the mainland of Greece and became the *Mysteries at Eleusis* and other cult sites.

It was said by the commentators - Contemporary Commentators of the Hellenistic World the site, the rights practiced in secret at Eleusis are practiced in public at Kinosis and this was the difference the going underground of the old Proto-Minoan Mother Religion.

In modern times we have a horror of opium. I mean people are amazed that I even mention it in the same breath but it doesn't hurt to remind ourselves that this brilliantly addicted substance. Opium was not even noticed to be addictive by anybody until 1627 - when the English Physician John Playfair for the first time commentated that opium once taken over a long period of time then there would be a requirement that it be taken throughout life. We're right in a middle of the drug war at the moment and it's interesting in that context to notice how the goals of Drug Wars can change.

100 years ago the British Navy was involved in what is called the Opium Wars in China. Very few people in the modern world have bothered to inform themselves to find out that the Opium Wars were about the Right of the British government to deal Opium. The Emperor of China did not want Opium dealt in the ports of China and the British Government used Canon to enforce their desire to sell Opium in the ports of China. Why were the English trying to sell Opium in the ports of China? Because the tea trade had collapsed from overproduction they were stuck with all these tea ships. They had created a whole global infrastructure for the sale of tea when the market fell out on tea they just turned to opium, they grew it in Goa and they sold it in China. This was government policy, less than a hundred and twenty years ago.

Ok well moving on then from Eurasia - and I'm sure I'm missing different things but if missed your favorite thing bring it up in the question period - to the North American continent- and the North American continent - is, I almost said similarly cursed like Europe but that's just my prejudice.

The North American continent is similarly poor in hallucinogens. There are no 'very interesting' hallucinogens in North America and North American Indians and North American Culture did not avail itself of this ecstatic plant induced shamanism, it tended more to go for what's called Ordeal Shamanism; the Sun Dance thing where you hang yourself by your pectorals on hooks and stuff like that. I mean there are other ways to attain these visions. But that absence of good Hallucinogens in North America just reinforced that whole Beer and Woolen and Upright thing that came from Europe.

The only major Hallucinogen to have a role in Native American culture is of course Peyote and many people without informing themselves imagine that Peyote is something which goes millennia into the past and this is absolutely not true. Peyote use may well be less than a thousand years old among Native Americans. When you go back into the old graves and the old burial sites in the Rio Grande valley in the South you don't find Peyote, what you find are the beans of Sophora Secundiflora you all probably know this plant although you may not know it's name, it's the plant that produces the very hard red and black bean that they can string, if you all know what Corallanus are these era thrina's which are related to these things. Ok, that stuff contains Cytosine and Cystine, These what are called Ordeal Poisons and it might be worthwhile to just talk for a minute about Ordeal Poisons. I said there's more than one way to skin a cat, there's more than one way to have this experience to shove your through to an awareness of the numinous that's what we're trying to-do is have an Awareness of the Numinous well in a certain parts of the world where hallucinogens were not present in the biome people concentrated on Ordeal Poisons and what an Ordeal Poison is its a chemical compound that you take it and you think you're going to die and you beg for death and you do not die, you get better you're fine and you're so damn glad to be alive [Audience Laughter] that you undergo an abreaction you get straight, you shed some of your complexes and you turn over a new leaf [Audience Laughter]

> In Madagascar these ordeal poisons have been brought to a high state of perfection also in Malaya there's a poison complex that replaces a hallucinogenic drug complex and these are horrific poisons.

What apparently was going on in the Rio Grande valley was after centuries of this Sophora Secundiflora cult someone discovered Peyote and said "my god, thank god!" [Audience Laughter]
and then the other plant which was big in the Southern California, Northern Mexico and across the Southwest were the Tropane containing Daturas the so called Toloache Religion of Southern California. Well these are delirient confusants that are unless you have a psychic constitution that is not like mine you can't take these things, they're too - I just found them confusing it was like a kind of madness and also physically very difficult to handle. I experimented, I had a phase with these things when I was in Nepal because there are Sadhus, *Holy Men in the Kathmandu Valley* who swear by this stuff
and if you're in Kathmandu you may notice in the gutter - well you'll notice plenty in the gutter but you may also notice these Datura pods [45:00] empty Datura pods. I noticed them and started asking questions and then out at the Kings Game Preserve past Pashupatinath I found a bunch of these things and laid in a supply. But it is an Occult Watery- its a dimension of confusion not a dimension of high awareness. I think some of you have heard me tell the story about the reason I gave it up was an Englishman a friend of mine who lived in this little village in Nepal where I lived he was also experimenting with this stuff. One day I was buying potatoes and tomatoes in the market and Iran into him and we started having a conversation and in the course of the conversation he revealed that he believed we were in his apartment [Audience Laughter] and then I knew we were losing hold on our grounding. So I don't recommend that I don't have a whole lot to say about it, apparently it's a thing for Magic, Power Magic and I've never been particularly interested in that because I'm afraid of it. I'm a watcher, I like to look I like to get very close to it and watch it but I'm not into grabbing it or doing anything with it. I have a feeling that would lead to a catastrophe, for me personally.

Ok, where are we now - Northern Mexico. Now we've gone all around we started in Europe we went down into Africa crossed the Euro-asia continent, North America, North Mexico. Now things get interesting, because as you leave the Senora uplands and go south in the Sierra Mazateca there is this mushroom complex which Valentina and Gordon wasson discovered in the 1953s. 17-22 species - it depends on who's counting of extremely endemic meaning very localized species of mushrooms all producing psilocybin. Coincident with the Mayan, the cultural side of the Mayan Miz-tecan and Mazatecan civilizations - and this is Psilocybe, an extraordinarily powerful visionary and benign hallucinogenic metabolite.

Once the Wassons had nailed down this mexican mushroom complex then people started checking and they discovered these mushrooms or con specific species in many localities- two that are worth mentioning are the Pacific Northwest; Oregon, Washington and British Columbia, which appears to be the World Center for Species Density of the Psilocybin gene and strangely enough very good ethnographic research turns up no hint that these Kwakiutl, Tsimshian, Tlingit and other people had any hint of this. They lived in the center of the psilocybin distribution complex and as far as we can tell their shamanism which was highly evolved never discovered or made use of this - not so these civilizations of Mesoamerica.

The other places where these mushrooms have been discovered is Europe. The tragedy of the European civilization is that the logos was apparently there all the time. The English countryside I understand is now practically a scene of annual mushroom runs that are not unlike the Lemming Runs of Scandinavia and everyone pours out to collect the Semilanceata (AKA Liberty cap) mushrooms. I've been told, I haven't been to these sites but I've been told that Ionia, where *The Book of Kells* was composed and where *Saint Columba* went is covered with mushrooms, it's very clearly a mushroom ecology.

Attention Graduate Art students the tracing of mushroom motifs in European Art and Civilization and Culture is an extremely rich untapped field, if you need some clues, look at family escutcheons look at family crests. In france and the italian parts of france the Morelli family has the Morrell on their escuchen. There are other mushroom families and mushroom names.
So, this may have been this struggle between Paganism andCchristianity may have revolved around a mushroom. We know druids were into plants we know they were into oak groves, but uh the plant that is always mentioned that is the druidic psychedelic psychic plant of choice is Mistletoe. But Mistletoe is chemically very disappointing and I wonder if Mistletoe [50:40] is not, it wasn't the plant they wanted to symbolize they wanted to symbolize a symbiosis of one plant up on another. It's that the mistletoe symbolizes epithetic existence - anyways this is an untapped area.

Once you get into the New World Tropics, then you are in the Great Domain of the Hallucinogenic Plants and no one knows why it is that the tropics of the new world are tremendously rich in Hallucinogens. I mean I don't know how many of you are botanists or or biologists but try to imagine figuring out a set of evolutionary constraints that were operating on one side of the planet but not on the other. When we take for instance the jungles of Southern Columbia and compare them let's say with the jungles of New Guinea, these are both continental floras, both equatorial, both climaxed at a species rich climax and one has dozens of hallucinogens in it and the other has none. None. This is not well understood - theories range as wildly as, Obviously that South America must be where the flying saucer landed [Audience Laughter] that's where the genes were seeded. I confess I'm not sure why it is. At first I thought it had to-do with extremely primitive state, so called primitive, extremely archaic state of culture in the south american jungles that they represent a real stone age culture. Where when you go into indonesia it may look primitive to you but the dutch were there before the english arrived in North America. It has had centuries and centuries for in which these things could be forgotten
But of course then come the botanists who care nothing for ethnographic data and who simply carry out plant surveys and chemical analysis of plants, they can't find these hallucinogens either. So this is a great mystery.

In the tropics of mess america and the equatorial tropics of the new world there's a vast Panoply of Hallucinogens. Not only in the mushroom complex but then also this Ayahuasca or Yage complex [53:35] that we've referred to several times, this is a huge jungle fine and as we cross into the Yage area we also cross an interesting barrier because we move from plants, single plants which are hallucinogenic ally active into the Realm of Preparations, we're on the threshold of the concept drug here because what ayahuasca is is two plants which are not active unless brought into combination with each other. One plant contains a monoaminoxidase inhibitor and the other plant contains DMT which would be destroyed in the gut if taken orally unless it were taken orally in the presence of an MAO inhibitor. This was not understood by western pharmacology until 1956 but it was understood by amazonian shamans millennia ago. So they bring these two things together and by varying the ratio between the plant containing the beta carbolines that inhibit MAO and the plants that contain DMT they can't intensify or de emphasize the visions. Well most of the hallucinogens in the amazon basin run on tryptamine of some sort usually dmt in the upper basin of columbia ecuador peru like that
you get these Yage ayahuasca beverages, these are things you drink and then it comes on youhave this outlandish trip.

As you go down into the lower basin the banisteriopsis cult gives way to these snuff cults Ebena and Neopo - depending on the languages. These don't depend on an mao inhibitor for their activity because they're absorbed through the sub nasal mucosa which is an extremely effective way for getting drugs into the system. The problem with that complex, the snuff complex, we are such delicate and wimpy people that we can't stand that route of drug administration. Because what they do is they toast these seeds of *Anadenanthera peregrina*, this huge leguminous tree which is the source of the seeds. They toast these seeds and powder them, so what you get is a kinda ruff cross between sawdust and charcoal and then they have a hollow tube about this long and they load it up with this stuff and you squat down and put the tube into your nostril and your friend, your friend not you because you would not do it hard enough [Audience Laughter] your friend then takes a huge breath of air and - it's just like being hit in the face by a two by four and you fall over backwards you scream and you salivate and you squirm around there in the dirt for a minute or two and then you sit back up and by that time the tube has been loaded for the other nostril [Audience Laughter]. Your eyes your sinuses can't believe what's happened to you so you have to sort out this whole sinus shock which is going on in parallel with then an evolving strange state of mind which is beginning to take over and clarify everything and then there are numerous minor variations on these things - might talk just a little bit about the chemistry of these things
and the chemistry of hallucinogens generally. My attitude toward this question of plants compounds drugs should these things be used for spiritual growth - if the answers no then it finishes it doesn't go anywhere If the Answer is Maybe or Yes then other questions arise; Which compounds out of this whole survey? and at what frequency ? and at what dosage and under what circumstances ? Over the years I've sort of evolved a three way test that I will share with you because I think it's operationally maybe the most useful thing you'll hear this weekend and that is:

> If you are contemplating some compound some plant, the first thing to ask yourself is (1.) Does it occur in nature? Does it have some tangenentiality to what is already existing, because obviously what exists, thats Nature, has undergone some vast winnowing process out of the set of all things which might exist. In that wonderful phrase of Alfred North Whitehead's "certain things have undergone the formality of actually occurring" [Audience Laughter] and so certain compounds have undergone the formality of actually occurring in the biological matrix and so they should be our pool out of which our experimental compounds should be drawn. But this is thousands of compounds so how can we further narrow it?
>
> Well an excellent way of narrowing it further is to ask the question of this compound (2.) Does it have a history of human usage? Does it have a history of human usage? That is your FDA approval. because if you can point to a tribe of people who have been taking this plant or mushroom or whatever it is for a millennia and they don't have miscarriages, tumors, cataracts, blindness, down syndrome, 8 fingers on the left hand, or whatever it is then you can be fail confident that this thing is benign, that these people have observed its action on pregnant women, the elderly and that it has passed that test.
>
> Then finally the narrowest gate through which a compound has to go to intersect my precious body is it (3.) has to have an affinity to ordinary brain chemistry. It has to have an affinity to ordinary brain chemistry, we don't want to launch something on your brain that it can't recognize at all that it has no biosynthetic pathways to degrade, that it has no receptors for - just some crazy thing you know '5 amino 3 triothylfinfoanasodine' - we don't want that, it's not the spirit that we're acting in here.

So if the compound can get through those three barriers, then its an excellent candidate for providing spiritual gain at low physiological impact. Well now some people may say, "oh well you've taken all of the fun out of it, all the good things have been tossed aside in this mad rush to purity", not at all, the very best stuff was retained in this process
Because in terms of relative strength and bizarreness of effect and so forth. The strangest, the most powerful the most transformity of all hallucinogens in nature or out is dimethyltryptamine, DMT. It's worth talking about DMT for a moment because it will raise certain issues and distinctions that you may not have been aware of because DMT is hands down the most powerful of all hallucinogens. I mean it is so powerful that whatever is in second place is lost over the horizon. Yet, it is the most benign of all hallucinogens because it occurs as an endogenous neurotransmitter in the normal human brain.
We, every single one of us at this moment have nn dimethyltryptamine being synthesized activated and degraded in our synaptic membrane. So this is almost a paradox, the most benign of all hallucinogens, the most fast acting I should also add, is also the most harmless, the easiest to take, it's sort of removed, it sort of puts a certain obligation on the experient because there is no reason to hold back. Except that there is this question, does it drive you made? and then the more serious version of that question what about the possibility of death by astonishment [Audience Laughter] - this is no joke, death by astonishment is probably the major risk we run [Audience Laughter] with this stuff, because the impact of the breakthrough is so total, so complete, so unexpected and in a way this sort of brings me back around to my theme because I encounter DMT, LSD all of these things in that very period when I was getting set to take flight as a Jungian Analyst and what completely blew my mind about DMT and I mention it again, here is an opportunity for research - here's a heretical construction - how trans-archetypal the content of the flash seemed. I was appalled because not only had I had a certain amount of interest in Jung and proclivity along those lines. But my original major had been art history, art historians what we're trained to-do is to be able to look at a motif and say oh yes I'm familiar with this from ceramic from second millennia Peru and also Mendian embroidery work. We know motifs we're trained to recognize and connect disparate aesthetic domains. When I smoke dmt and came down, I said you know this is not on the map, I can't believe it, this doesn't connect up to anything, how can there be domains of the human mind that do not announce themselves in folklore, fairy tales, dreams or mandala painting
that are so removed from the van of what is human that they are apparently not except able in structuring our maps of ourself and our psyche. And that for me was the contact with what I call an I didn't call it it this Rudolph Auto called it this -and this term influenced Jung, auto preceded Jung - was, it is the Holy Other. and if there is an archetype of the Holy Other then this is it, but perhaps the holy other transcends

the archetypes. This may explain to some degree Jung's interest in gnosticism especially the Valentinian School of Gnosticism that there is a higher and hidden father, all god, who is outside the machinery of cosmic fate. It seemed to me that in those extremely profound dmt flashes I was actually witnessing a domain outside the machinery of the archetypes. Which is for us as moderns; that's what machinery of fate is, it's not Zodiacal Machinery, it's hard wiring in our psychology and our genes that gives us our fate.

Well so having said that uh I've not only made the the survey but also brought us to by ending with dmt - the subject matter of this quest and I wanna make it clear bspeak about the power of the psychedelic experience because I think people should be informed of their birthright and I feel very antsy around the notion that someone might go from birth to the grave without ever having a psychedelic experience. [1:08:27] It makes me as antsy as the notion that somebody might go from birth to the grave without having a sexual experience. It's a strange kind of protective denial or a kind of expression of fear. This is our birthright, this is part of what it means to be human these altered states of consciousness Ithink are pretty much scripted into the existence of women because they, most of them will give birth which is an organically scripted psychedelic experience from which there is no escape unless of course you go for the drug knockout, the spinal and then you miss everything. But biologically, physiologically women are set up for this experience, man are not, it's possible to build such barriers against overwhelment that it never happens in your whole life and I believe that if we psychologically analyze the effects of these psychedelics what they do is they dissolve boundaries that's all. I mean, if you interview ten thousand people who've had a psychedelic trip each one has their own herotheny there own heroschomos that unfolded for them but the some total of it is boundaries dissolve and then whatever's on the other side of your boundary comes flooding in to claim you and to reshape and remake your psychic. Well I see the entire illness of our civilization as an *ego inflationary illness*. we have gone so sick with ego that we are literally murdering the planet rather than confronting the consequences of our psychic imbalance. And the psychedelics act to regress this, they are almost an inoculation against the ego and I see the ego as a phenomenon arising in historical time or rather actually history is caused by the ego. but the ego is a component of the psyche that arose in the Post Archaic Phase in the Post Psychedelic Phase, it's entirely a modern invention. It's less than 15 thousand years old and the assumptions of the ego are the source of our neurosis, our disequilibrium. Why did the ego arise? it arose because of the climatologically enforced abandonment of these psychedelic religions of the archaic period. in other words here is the scenario as I see it:

> primates, even primitive-even non advanced primates like squirrel monkeys, howler monkeys these kind of primates all have male dominance hierarchies. The whole thing with primates is about male dominance but a lot of things about human beings mark us as the most unique member of the primate group. obviously we look different from any other monkeys even the stranger monkeys look more like the normal monkeys than we look like them or look like thus us. Our upright posture, the other thing about us is our suppressed extra cycle, we cannot tell at a glance whether a woman is in heat or not and yet obviously that had a tremendous shaping force on the social psychology of the primates.

I believe everything about us that is noble and worth saving occurs against the grain, that if we had followed the grain, we would still be competing with jackals for the carcasses left by lions of large game kills on the plains of Africa. But when the African continent began to dry up and we were forced out of the trees where we had in an arboreal vegetarian lifestyle we came under great pressure to expand our diet and the - I believe that the great unstudied factor in human evolution and human emergence is the effect of a complex diet on our emerging species and it's not only the presence of hallucinogens such as psilocybin in the in the diet but other things swell. Psilocybin is the most spectacular case, and if you came to see Darwin you'd hear about evolution and so you came to see me you'd have to hear this little theory about human emergence - most of you can probably recite it by heart now.

> It's a three step feedback loop from a fairly bright monkey to a fairly stupid human being and the way it works is like this. These monkeys come down out of the trees they're predating on kills of ungulate animals made by lions, they're competing with jackals, they're testing all of the foods in the environment - and low and behold, in the manure of these ungulate mammals that are radiating across the african continent there are what are called copperfilic mushrooms and the presence of large amounts of tryptophan in manure as a substrate means that these copperfilic mushrooms elaborate psilocybin. So here in this new grassland environment are the psilocybin mushrooms. Well, these protohominid creatures testing foods for their diet would reach the psilocybin and would test it, well then this three part feedback loop to humanist then comes into play and it works like this very light doses of psilocybe and so light that you cannot an hour and a half or two hours later tell you've taken anything. you say, "I don't feel it I feel completely normal I must not have taken enough.", that dose, if you would submit yourself to being tested by an optometric analysis we could show you that your vision has improved slightly. This is an effect of eating small amounts of psychoactive amines increase of visual acuity. [1:15:00/1:16:21] Well you don't have to be a rocket scientist to know that if you're a hunting animal competing in a highly competitive environment and suddenly someone hands you a pair of chemical binoculars you are going to be a more successful hunter than other members of your species who are not availing themselves of this food item. So there was reinforcement there - aha, if we eat these mushrooms in small amounts we will be more successful hunters or maybe it was never raised consciousness as an it/than relationship. it was just a, "we eat mushrooms we hunt well".... kind of a thing [Audience Laughter] Then if you eat slightly more of the psilocybin if you bring slightly more of it into your diet, it's what's called a CNS stimulator, Central Nervous System stimulant. An effect of all CNS stimulants is what's called Arousal and arousal means simply that you can't sit still, you're very restless, you're very energetic and often in the male animal you have an erection. It's an overall systemic arousal and if you witness this situation in monkeys, monkeys are very hang loose kinda characters and so they just all fall together in a heap and make love. And this increases what anthropologists and primatologists like to call 'successful instances of copulation'. This means that this increased interest in sex in combination with an increase success in obtaining food is creating the perfect situation in which there will be a population boom of these creatures. They're eating better, they're enjoying themselves more and they have better relationships with each other, so Population Boom is on the way. Well then, the next and final level is when you raise the dose higher so you're no longer restless or interested in sex or any other - but you're flattened with the ecstatic unfolding of the full numinous hallucinogenic rupture of plane, then - and this occurs in the tribal context, then there is boundary dissolution, group sexual activity and group bonding and identification and this is where this telepathic coherence, this inner dynamic of cohesion and caring that we see in primitive people to some small degree and that we imagine must once have been our birthright this is where it came to be.

At those higher levels of psilocybin, most of you probably know language is formed by an organ on one side of the brain called Broca's Area. Broca's Area, The brain being always symmetrically constructed.

Broca's area has a twin on the opposite side of the brain, but no one knows what's going on there, it's apparently a silent area of the brain.

Well when you take psilocybin there is spontaneous linguistic activity, 'Glossolalia' - Henry Munn has written about this in his essay *The Mushrooms of Language*. It's almost as though Psilocybin is a pheromone that promotes linguistic activity, an effort to take verbal intentionality and connected up to the Ontos of Being in some way. Then it's almost as though words are born out of you, you give birth to words and these concrescences of meaning then create a kind of Unitarian Ambiance, which we call understanding. Language is a miracle. I mean make no mistake about it - I don't mean any amount of dissection of monkeys or human cadavers will give you an insight into language.

Language is a behavior of some sort so bizarre, so many orders of magnitude more complex than anything else we do that for all practical purposes. This is the *Thumbprint of God Upon Creation* human language and it's a self transforming thing, it keeps bootstrapping itself to higher and higher levels and it creates for us the entire ambience of reality. Once we had words, we quickly replace reality with them and so I believe that what Psilocybin promotes is Cognitive Activity. The coordination of visual input with plans and strategies for hunting or acquisition or whatever, it promotes this increased arousal, which really in a way, this arousal is nothing more than a reclaiming of your Animal Body, you feel restless, you feel your muscles, you feel your genitals, you feel your place in space and time. You are reclaiming your Animal Body, and then finally, it inducts you into this domain of the Logos, a religious herothany. Something that we as moderns as absolutely in awe of as our mushrooms munching ancestors 25,000 years ago. We can't reduce it, we don't know what it is. You know Jung was always so concerned that people say "it's only Psychological", it's only the psyche, I've got news for you, it may only be the psyche but the psyche is all there is.

As we came into a relationship with the mushroom, Humanness emerged on the African belt and was able to stabilize itself for a few millennia, and then we Fell Into History because of climatological change for many reasons but we literally *Fell Into History* and now we operate in this lower domain. A domain of limitation, of misunderstanding, of low-grade languages and we are neurotic, we are unhappy, we are dysfunctional and I believe this is because our connection to the Logos, to the Informing Voice that gives Meaning to Being has been broken. Over 10,000 years it's fallen away and all we're left with is our Spiritual Yearnings our Nostalgia for Paradise, our pathologies and miraculously we are left with the time capsule of preservation represented by the rainforest shamanic cultures that use hallucinogens. There lies our answer but it's like *the Aura Boric Serpent, taking it's tail in its mouth*. The salvation of the super future of the planet lies in a recovery of the values, modalities and religious practices of 25,000 - 50,000 years ago [1:22:50 / 1:24:30]

Break Break break [Audience Applauds]

We haven't screened the pile so we're just gonna go through them and i'll read them aloud. Normally I give long answers but there's such a stack of questions here i'll try and be general [Audience Laughter]

> "Since DMT is present in the brain does the introduction of excess DMT shut down the production of natural DMT? in the way that the body stops producing opiates during opiate usage, if so what are the effects? is DMT really so chemically perfectly benign?"

The first point to make is that many of your questions cannot be answered because research into these areas is not allowed, so often we can't answer our question. This question, "does the introduction of excess DMT, limit endogenous production?" I can say with fair confidence that that's never been studied. My guess would be that it does not, because with DMT, in no sense of the word do you become habituated to DMT. I mean - a person who does DMT once a year as a fanatically heavy user, I would say. and the question, "is DMT really so chemically benign?", again this has not been studied as you would study with rats and so forth to determine it but experimentally speaking, the amazing thing about DMT is the speed which you return to normal. You return to the baseline of consciousness in under ten minutes. Well that tells you that the brain is very well able to deal with this compound. One way of judging how toxic a drug or a plant is, is to ask yourself the question, "How long after I take it do I feel completely normal?", and with DMT you feel completely normal 15 minutes after taking it. The shortest recovery time of any drug.

> This question is; "Concerning the Bundle Weed, while it does not correctly meet the criteria of long term use, is it to be considered safe?",

I'd say the way to answer that question is to do a chemical analysis of the Bundle Weed. If there's nothing present but DMT in it, I would think it should be considered safe. Now there may be other compounds present. In South America, it's possible to contrast two plants - Psychotria Viridis, which has almost entirely nothing in it except DMT as the portion of it's alkaloid fraction. Or Varola Calophylla which is used in the making of snuff, and chemically it's a mess. It looks like they swept the floor. You've gone nn dmt, 5 meo DMT, alpha methyltryptamine, mono methlytryptamine, 6 hydroxyomethyltryptamine - all this you don't want, you want a surgical strike on the synapse that's what you're going for. Not splattering all kinds of junk all over the place.

> "What is the best medium for psciloybin spore germination, potato agar or what?"

T

he best medium is Rye Malt agar no question about it, go with rye. Organic Rye Malt Agar extract.

> "In today's climate talk about access to shamanic pharmaceuticals for the average person."

This is the "where do I get it?" question [Audience Laughter] dressed up in respectable terms. Without being too self-serving, my brother and I wrote a book on cultivating mushrooms. Called *Psilocybin the Magic Mushroom Growers Guide* by O.T. Oss and O.N. Oeric, i'm O.T. Oss as you can see [Audience Laughter]

I really believe in growing mushrooms. If you are as you sit here not psychically strong enough or balanced enough to take psilocybin, then if you learn to grow it, at the end of that process you will be. Because growing the mushroom teaches you cleanliness, punctuality, attention to detail, steadiness all of these virtues which are the very virtues you need to travel smoothly in that dimension. Other hallucinogens other shamanic hallucinogens that you will find easily available to you without breaking any laws; the heavenly blue morning glory - sold in every seed store and garden store, are not to be taken, do not take them. They have been dipped in a fungicide that will make you sick. Grow them, and collect your crop and take that and this is a major hallucinogen of great antiquity, extremely visionary. The Hawaiian Woodrose - you can obtain this from people who make dry flower arrangements often have these pay attention, you want the Hawaiian Baby Woodrose. If they try to give you something called Hawaiian Woodrose, a big clunky thing, that is inactive and uh and won't do it. the Daturas are freely available - I do not recommend them. I recommend against them. They're a common landscaping plant in Southern California, and the Gypsum Weed is of course growing out in the desert out around Lancaster and other places like that. There are a couple of companies which have very forth rightly decided to sell plants with a history of shamanic involvement. I have no stock in these companies, so I can recommend them without fear or favoritism. One is called , Of The Jungle up in Sabasstical California and the other one is called Dream Gardens and I think it's here in Santa Monica. Both of these groups publish astonishingly complete catalogs of psychoactive and shamanically important plants. Ok, that's access without going to the streets or committing crimes or anything like that.

> "Can you tell us anymore about Elenoy Bundle Weed?"

I just did, and that's all really I can tell you about it.
All these questions are the same question

> "Having convinced us of the wonder of DMT, what would be the easiest and quickest way to obtain it?"[Audience Laughter]

> "How does one acquire DMT?" [Audience Laughter]

"Comment about the Supreme Court Ruling against the use of Peyote by North American Indians"

It's a very bad law obviously, law so bad that the National Council of Churches, the National Jewish Affairs Committee and some very large Catholic Organization, all filed briefs protesting this thing and I think that it was actually realized that it was a goof and it will be brought back. You can't bring something back that's in court in a hurry because that's unseemly. But I would bet within 5 to 10 years this would be overturned because a close reading of this law means that Wine for Pesa or Communion could be construed as a psychoactive substance and the whole thing is just bad law, bad idea.
exhale

"Has consideration been given to the possibility that in the case of certain plants which are recounted in writings but the identity is unknown that the reason they are unknown is because shamans purposefully kept their identity a secret. Perhaps such secrets are still being kept."

This goes to the question I raised this morning, 'How can a hallucinogen once discovered ever been lost?', and i've only been able to figure out one scenario in which this could happen. It happens like this; people discover a wonderful plant that imparts visions or insight or something and everybody takes it and enjoys it and then slowly a hierarchy emerges a professional class, priests, and only they decree. They decree that only they will be allowed to take it and then they lord it over the rest of society with an iron hand and then the rest of the society gets fed up with that and there's a slave revolt and everybody in the ruling class is killed and the sacrament is lost. I can't figure any other way that it could happen and the vedic thing, this seems quite reasonable. Obviously Soma was being more and more confined in it's use to a single class and then that class became viewed as obnoxious and it's overthrow and the death of this sacrament thing follow each other.

"perhaps such secrets are still being kept..."

uh perhaps they are, i--- the fact that this bundle weed could turn up so later date, probably means their are shamanic lineages with secrets that we don't know as a field ethno-botanist and an explorer i'm always interested in the unconfirmable rumor, and there are some doozy's.
The Mysterious Beatle from Eastern Brazil which causes intense hallucinations if eaten. Here's a career for somebody, No hallucinogenic insect has ever been found and yet there are persistent rumors in different parts of the world of either a butterfly or a beetle that is hallucinogenic. Most shamans in the Amazon if you spend five or six weeks with them and take ayahuasca with them and tromp around with them. When you finally get to know them, they will allow us how there is another magic which they call the magic of the big trees and i've spent half my life trying to find out the names of the big trees and i'm still working on it. We have collectives in Peru and nothing is more exciting then a clump of root stuff or a seed packet that comes across our desk, labeled suspect hallucinogen, that, that gets me to the edge of my chair [Audience Laughter]

"What do you think of Robert Monroe the Journey Out of The Body Man?

Well this a good time to discuss what do I think of all these other things on the spiritual market. I don't know what to think about them, i'm not a spiritual consumer. I've never been to a workshop that was never my own unless it was free. And there's a lot of stuff out there you know; astral traveling, channeling, all of this stuff and I tend to believe its bogus or it's for people with a psychic constitution considerably different from my own. Sometimes people say to me, well these states that you're talking about, can't they be achieved without drugs and the answer to that is, my god, who would want to, what what would be proved by achieving these things without drugs. If the things i'm talking about, began happening to me without drugs. I would be very very concerned and alarmed [Audience Laughter] because, you know, I just don't and also I think there's something to be said for admitting that we cannot do it alone. That if you want this spiritual insight, if you want the dianimatrix then humble yourself to the point of making a deal with a plant that's the key. You can't enter the bank without the key to the bank, the key to the bank is a plant. Jumping up and down outside the bank and exerting the banker to recognize your inner worth and open the door is just not going to do it.

"I can understand that psychoactive alkaloids are a survival mechanism for the plants. Why is that effect psychoactive in man or perhaps animal?"

Well first of all maybe we have to argue with your premise. You're right that a lot of these so called secondary tertiary compounds are elaborated supposedly to make things taste bad or so that birds will spit out things and stuff like that. But on the other hand, they studied this question fairly closely and a lot of these alkaloids are produced specifically to attract animals, to bring them in, to nectaries as pollinators and that sort of thing. Old Style Botany always believes these compounds are what's called tertiary to metabolism, meaning they're kinda like waste products and not very important, garbage. But when you look carefully inside the plant, invariably what you see is that the psychoactive chemistry is going on where metabolism is most active. This is an indication that actually these things aren't tertiary at all, they are doing something with the plant but we don't know what it is. As to why they have this peculiar effect that they do in us, I think that because there was anciently and over the evolutionary life of human beings actually connection between us and nature and that these these drugs are the antenna, the switches, that switch us back towards the logos of uh the natural world. I suspect that all of nature is a seamless web of pharamonally mediated connections and interactions and that we are just not yet at a sufficient level of analysis and suffisticated observation to see this interconnected web. You know our idea of nature is that it's all tooth and claw, *Survival of the Fittest*, and the devil takes a high most. The new version of evolution is entirely different, it says that the way you attain survival is by making yourself indispensable to everybody else. So it's not by triumphing over the ecosystem that by integrating yourself so thoroughly into it that it can't function without you then you're on your way to being a dominant species not by crushing the opposition.
Lets see how we're doing here

"What are deconstructionists doing to our understanding of the language? Is it helpful? [Laughter]

by deconstructionists I suppose you mean Jacques Derrida and that crowd. Well, I think deconstruction serves a very useful function. I think we're unaware of uh of what/how thoroughly language is the medium in which we swim, how thoroughly our world is built in language. In a way the boundary dissolving character of the plant hallucinogens is a dissolving of language barrier they show you that the surface of reality was not the surface of reality, it was the surface of your local language and now it's gone and here is what lies beneath it.

"At what point in the evolution of organic matter on earth do psychoactive plants appear and why?"

Interesting question, if we're talking about psychoactive fungi, we're severely limited by the fossil record which is no fossil mushroom has ever been found older than 40 million years this is because fossil mushrooms are very soft bodied femoral kind of things. As primary decomposers which is what fungi are doing on this earth it's reasonable to assume that they must have been here from the very beginning of the conquest of the land. But proof in the fossil record has not been forthcoming, now if we're talking about higher plants, flowering plants which is mostly what we're talking about here, than no flowering plants existed before 65 million years ago. Flowering plants emerged out of the same catastrophe that destroyed the dinosaurs and set the stage for the emergence of the mammals. This is something people don't realize, flowering plants are as recent as mammals. You know if the period of life is visualized as a yard-stick, the period of the flowering plants is the last inch and a half and also the rise of the mammals occurs in that last inch and a half. So before that the plant life on the earth was of a very different sort and we know nothing about it's chemistry to someone who asked a zen question (laughter)

"What would make the present government interested in the study of psychedelics?"
[Audience Laughter]

I don't know, they could make a buck out of it. I don't think they're very interested in psychedelics, I don't think any political - but they were very interested in psychedelics - except that they abandoned it, yes MK Ultra, stood for mind control. Mind Control Ultra was the program the via pursued in the 1960s where they tried out all kinds of psychedelic drugs and they also worked with this in combination with hypnosis. They were trying to make what they would call the Trojan Horse. This is somebody who would be an assassin but not even know it and how far they got with all of this we would never know because of course it all disappeared behind the walls of secrecy. But the declassified history of the CIA and LSD is very interesting some of you may know the book Acid Dreams by Martin Lee. Fascinating history of the way the government tried and really failed I think to use psychedelics. The government's initial approach to LSD was, "This is great this is a truth serum. We can give this to enemy agents and they'll tell us all we know", well a few months of following that path they decided "No [Audience Laughter], this is an obscurity drug. We can give this to our agents and they can take it if they're captured and no one can learn anything from it" [Audience Laughter] and clearly this was not a fruitful path either and I really don't fault the government, I don't really fault the government for this. After all the government is in the business of being the government. I don't think any institution can inculcate psychedelics into its own program, because psychedelics destroy institutions, all institutions. It's like trying to move an acid around that corrodes whatever pipes you poor it through and because the boundary dissolving quality of psychedelics is precisely the quality that government is involved in resisting. Government builds up labels, hands out role models, explains how everything is and this stuff just then melts that, melts that into a primal chaos so it's pretty corrosive of any social values that don't arise spontaneously out of biological organization. It's anarchists, it's the acid of anarchy in a way.
Alright we're never gonna get through this list, but it's gratifying to know that it's here if we need to. [Audience Laughter]

Here's a question about the Time Wave which i'm gonna skip because we're not talking about the time wave today and pity the poor soul whose never heard of it.

"Know of any herbal sources to raise Serotonin as a treatment for depression?"

No, i'm not, I don't know a lot about herbal medicine and that sort of thing, but raising Serotonin level as a treatment for depression seems likes a pretty good strategy. I don't know of herbs, usually inhibition of Serotonin is what's going on and with these psychedelics they do compete with Serotonin for the bond site, that's what it's all about at the atomic level. In your synaptic cleft in the synaptic clefts of your neurons there are what are called receptors and if you were to fly down and look at these things they look like complex locks their hooks, protuberances, little drawers and fit in places, well then the drug molecule comes - is carried into the synaptic cleft by the blood stream and it seeks to, what's called Occupy the Bond Site or simply bond and it's trying to fit in. Well the normal thing which fits in those bonding sites is Serotonin but some of these hallucinogens are much better fits than natural Serotonin they are what pharmacologists say - *competitive at the bond site* and so they literally elbow the Serotonin out of the way and then they fit themselves into the receptor. Well once the receptor and it's fit, it's agonist are in place then the biodynamic, bioelectric field of the synapse can be activated. Well if you swap out Serotonin for an exotic molecule like Harmine or Mescaline or something like that well then this shifts the mode of this molecular level, electrical environment and I believe that that is what registers as a higher cortical experience that we call The Trip. It's the experience of hundreds of millions of these introduced molecules displacing the normal Serotonin and then broadcasting this signal in the slightly different way than it is normally perceived so there's a molecular connection. There's a connection down into the molecular level, this will be our last one this morning

"Language transcendence, Huxley, Jung and others often mention liberating and enlightening epiphanies as beyond language and iconic imagery, you yourself mention this, can you explain further the use of transcendental language?

Yeah and we might talk about that a little this afternoon. I sort of alluded to it this morning, my idea is that language is a process that is half completed in us as we sit here, and that language is really something which wants to be seen not heard. We are on our way to evolving toward this visible language and we currently are operating with these somewhat substandard acoustical codes (and i think in a way history is the process of getting out defining, refining, this natural language; where I make small mouth noises, they go through the air, they strike your ear, you look in a culturally validated dictionary, if your dictionary is like my dictionary and you understand what's in your dictionary then we say we are communicating. But in a visual language, in a visibly beheld language, there is no culturally validate dictionary there is simply hard-wired kind of animal language that we all understand instantly from birth without any cultural acclamation to it, because it is the natural language of human beings of getting out, revealing, defining, refining this natural language. The place where the psychedelics impact upon us as social creatures is the language domain. I mean you may have tremendous horrofinies and breakthroughs - but if you can't talk about it or paint about it or dance about it or in any way communicate it to anybody then it is not efficacious for the species, it's just your private entertainment. So the domain of language is where the collective impact is coming and one of the things I think about psychedelics is that they are probably capable of helping us force the evolution of language because we cannot move into the future any faster than our language of description for the future. So if we're interested in streamlining culture and getting away from this sort of random lock style of cultural evolution then we have to look at rationally interfacing with the evolution of language and maybe we can talk about that when we come back - thanks very much I appreciate you sitting for this [Audience Applauds]
[1:52:13/end of part 1]

We discussed basically the distribution of these psychoactive plants with a history of shamanic use and then discussed a little bit about the history of them and I didn't really finish with that. Because I want to stress that this - I think what we talked about this morning is we got them all to a good place. We got them all to paradise in Africa, with clear vision much food and plenty of horsing around and then we broke for lunch. The forces that created that partnership society in prehistory, the forces that allowed the emergence of a none male dominant social style were the same forces which then eventually destroyed it

as well because it was nothing more than climatological change is what was happening. As the African continent became drier the grasslands retreated, the water holes became less frequent and further apart and the mushroom came under pressure because of increased dryness and at that point I think probably, the mushroom festivals became less and less frequent, the whole thing became more tenuous and there was great pressure then to try and figure out how to preserve the mushrooms through the dry times of the year, to have them available for ceremonies and I think that it's the use of honey as a preservative that really set the stage for things to go wrong. Because honey turns into a psychedelic compound on it's own if you do nothing to it but leave it alone, it ferments it becomes mead and mead is a primitive kind of alcoholic beverage so over several millennia what began as an ecstatic mushroom cult turned into a beer cult, a cult of alcoholic intoxication, and then you get the same shift of ratios that you see in our own society. I mean how many women in our own society have their first sexual experiences in an atmosphere of alcohol abuse and misuse, the two almost go together and less in the twentieth century before the twentieth century it's almost possible to imagine nobody got laid for a thousand years in the west without being juiced up, because it was pretty unappetizing I can imagine. So this is a way in which sensory modalities and emphasis on different aspects of psyche change over time without a culture even being aware of it and then I talked this morning a little bit about the - *The Fall into History*; The Neurotic, Dysfunctionalism that characterizes historical existence and I think it's worth going back to that because some people have the idea that psychedelics are a kind of instant psychotherapy and that they address the concerns of the individual, but they're not concerned to link it up to history to see what it was for us in the past and what it's absence has done for us. I think that the whole phenomenon that we call *The Fall into History* is the scenario of abandonment that we underwent as we broke the umbilical connection to the guy in matrix of organic life. That's what we were embedded in, in this African context. But when Africa dried up and we move out of Africa and into the Middle East we then were transformed from nomadic pastoralists into primitive agriculturists and then later city builders and the entire pattern of male dominance and anxiety is set in place. If you look at the world of Seven Thousand BC - the most sophisticated human structure on the earth of let's say 7,500 BC is at Jericho, in what is now Palestine and it what is it? It's a Grain Storage Tower, built at Jericho 72-75 BC, it indicates that the primitive pastoral nomadic form has given way now to an agricultural form that allows for the accumulation of surplus and hence the need to defend same and hence the establishment of have and have not psychology and so forth and so on. So all of the institution that we now must attempt to reform and grapple with began then!

Urbanization, Kingship, Male Dominance, Representative Politics, all of these things begin then and are further exacerbated a couple or three thousand years later by the western decision to go with the phonetic alphabet as a method of communication. See a phonetic alphabet further removes you away from anything concrete or real or related to nature. There's' no ideogram, theres no glff there isn't even rebus, there is simply an abstract symbol which stands for a sound.I mean this is about as far away from the hands on approach of language that you could get, well the culture that made these decisions which is our culture, the culture of Europe and the ancient Middle East has evolved into the dominant culture on the planet and has put in place, institutions like science and so forth and so on.

Our metaphors have grown ever more cogent in their ability to manipulate matter and energy as they have evolved less and less relevance to our selves, so now we have ideological systems of tremendous power that none of us can understand or relate to. This is kind of an odd relationship to knowledge, since knowledge is supposed to be an experience of empowerment not an experiment of disempowerment. But our society has done it differently, so we all wander around with a sense of disempowerment because we're surrounded by accomplishments which we couldn't possibly duplicate. Well, I mention all of this because I think it shows where the solution lies.[8:50-part 2] If we were in balance 1500 years ago and it was achieved through the use of psychedelics de emphasis of the ego, non-existence of the nuclear family and the suppression of the concept of ownership - we should look at these as possible styles of existence that might be put in place in the future. That's the psychedelic society that you've heard me talk about at various times.

Well, that's probably enough on that [2:01:30/9:30]

Oh you thought so too [Laughter], when I said we'd look at the geographical distribution, the history, and then the phenomenology I thought that we would put most of the phenomenology of the thing in here in this section because it is important to establish just what we're talking about and also to empower people to describe their own experiences which are often so peculiar that, unless there is a group such as this, a person tends to just define themselves as Starkers, I mean what else can you say about some of this. If you're starkers and you get ten people to agree with you you're not Starkers anymore you're a movement.

So I mentioned this morning about DMT and I made a bit the kind of paradigmatic compound because it's so brief so natural so powerful so quick to recover from and it's also a very good paradigmatic case when talking about what the psychedelic experience is like to have because I think if you have the DMT experience on the way to the center of that flash you'll probably have all the other ones, it seems to lie at the center of the mandala.

The most startling thing about the DMT flash and I mentioned this, this morning when we were talking about Jung is how astonishing it is that death by astonishment seems the major danger and this is even if you're an Art Historian a Jungian an Athesianodo of symbols of so forth and so on. It seems to come from some dimension orthogonal to the human world and it is not a unitary experience, the way the famous white light and all these others wordless indescribable elusive mercurial things are it isn't like that at all. It's extremely multiplistic and it's extremely specific in it's presentation. I mean when you smoke DMT you have the feeling that you have burst into a place, that you have not had a psychological experience, you are not having a mental experience. You have burst into some kind of a space and within that space there, the first shock is that it's inhabited and this is the shock i've never recovered from because it was just the last thing I expected to find inside a chemical compound was the equivalent of a bugs bunny cartoon. it is inhabited by *entities* is the only word to describe them and they are as i've said many times, they are like jeweled self dribbling basketballs and their are many of them and they come out of the background and they present themselves to you. They're literally vibrating up and down with excitement they're faceted and rotating and they see you as clearly as you see them. They even greet you, some of you may recall the Pink Floyd the old Pink Floyd song the gnomes have learned a new way to say "hooray." I think it's on Pipette the Gates of Dawn, it's the first album those floyd fans were looking puzzled. It's because it was 40-years ago [Audience Laughter] anyway as you burst into this space the gnomes say "hooray" and they present themselves and they are truly the gnomes of central European fairy tales, archetypal gnomes. They are very humorous, they're very mercurial and delightful. But I think it's Jung who warns against the humor of the spirit Mercurius, because it can turn on you. It's not a friendly humor, it's too crazy, too many plates are being thrown, too many cars are exploding, it's like a Mark's Brother's Cartoon that hovers just on the edge of changing from mayhem to mania, you know, very intense and the most striking thing to me and really the motivation for my career is they are displaying new models of language that have never been seen before. [14:58] They sing and out of their singing elfin chatter condense objects which look like nothing at all in this world. I mean the closest i've been able to come to them are the eggs of Fabruche - you know they constructs in sapphire and ivory and crystal and vitreous glass that the french designer Fabruche created. Well these things are like that but they're like that raised to some excruciating pinnacle of completion because as they show you these objects you know beyond any possibility of contravention that if a single one of these objects were to exist in this world, it would change this world forever. If a single one of these objects existed in this world we would spend a thousand years studying this object, the last time this happened was a guy gave a speech on a hill about moral obligation, we've studied it for a thousand years. This is the same kind of thing and these Faberge hyper-dimensional objects are themselves undergoing a dynamic transformation. They're not static objects like the Faberge eggs, they are undergoing changes, singing, condensing other objects, these objects are crawling all over the ground in front of you, clamoring for your attention. Now remember, twelve seconds before you were sitting in a suburban living room somewhere grappling with some drug somebody wanted you to take - now all of that's gone and here are these things. I call them tykes because I wanted to capture the sense of their childlike-ness, I don't know why I call them tykes actually, it just seemed like the appropriate thing. If some of you are classessist or students of the literature of pre-socratic philosophers, you might recall the 52nd fragment of Heraclytus which says uh "the aeon is the child at play with colored balls". The aeon is a child playing with colored balls and when you break your way into the presence of the aeon it's upsetting you can't believe it's happening, there's a lot of cognitive dissonance you could believe this if it just weren't happening to you. And there is this tremendous affection and interesting humanity and then there is urgency a lot of urgency.

The tykes want to initiate you, they have a message and the message is you can do what we are doing and what they're doing is using their voices to make this ecologics condense out of the air they're saying, you can do this, do it, Do it, DO IT. And they're on you and they jump in and out of your chest which is something described in the amazon too. The Hiculouli in the tryptamine snuff cults of the Yanomami. That they jump in and out of your chest and they're saying do this thing, do it, do it, suspend your belief and eventually you do do it. You discover that you can drop the filter of meaning that your voice can move back several registers and out comes elf chatter and this elf chatter is able to ring the air in front of you like a washcloth and get out chemical gold to drip out of the air and to begin to condense in front of you. Well by this time most people would like to call timeout [Audience Laughter] so they can make phone calls to various philosophers, but there's no timeout, it just keeps going, and these things have a very, the aura of strangeness of alien-ness is palpable. There's an emotion in there that we just don't have in this world because it composed of unbelievable alien-ness in the presence of unbelievable familiarity. It's an ecstasy that is a coincidentia oppositorum. Simultaneously it is both what it is and what it is not and the human mind can't handle that, that's called cognitive dissonance, and you just go into a conniption fit of some sort. Well, the very first time I smoked DMT in 1967 with absolutely no expectation this happened to me and it has happened every time since. And then I've had occasion to observe people taking DMT uh in countries where it's legal and what I see is there is an archetype which surrounds DMT which you must make your way through it. But at the center of the archetype, the archetype is not present and only the alien it's present. The archetype is that of The Circus or The Carnival, The Carnival. Think for a moment about The Carnival; it has two aspects, one is blazing light and activity at the center of the triple ring the lady in the spangled costume is high above the main floor and the lions and the tigers and the clowns are parading around - that's part of it. But it has another aspect, just off to the side of the big tent, there are the side shows. The hooch coach dancers. The two headed man, and so forth and so on. In other words there's this kinky peculiar shadow side of it. If any of you are fans of the film of Federico Fellini, here's a man who understood the archetype of The Circus and how if you remember in Amarcord that circus or if you remember Juliette Dispeli the flaming doorway into the room with the bed of the bed springs and the crate paper flame. These are carnival, carnival images that relate back to DMT when you finally come into the center of it these are all seen to be veils it veils itself that way because that's how you - it's the old candy to the baby routine. It treats us as people who would like to go to the circus and then it takes us to the circus but then there is a revelation beyond that and I, I don't know how many people present in this room have confronted the thing I'm talking about. I'm always at the moment aware that some people are saying, "my, doesn't he perfectly get it", and other people are saying "Huh? What *is* this, what *is* this guy talking about?"

The point I want to make is it's real, it's not vague you don't have to strain for it. Nobody wonders whether or not it happened to them, it's just like somebody walking up to you and taking you by the arm saying, "there's something I insist on showing you, come this way please." It is the presence of the entities that shattered the person who I was. Because I was a scientific rationalist, a reductionist, I had no no room for elves in my cosmology [Audience Laughter] and here they were, hundreds of them. So it seems to me that this is a central question that shamanism has always dealt with. Perhaps not with the kind of ontological sophistication that we imagine ourselves to have. But this is the question that must be asked, "who's in there? who is this?"

There are at least 3 possibilities, and i'm not sure which is the most conservative. The first possibility is that we don't understand how the world is constructed, and that in fact there is a parallel universe running alongside of ours, full of elves who use a language to make objects. And then why you can burst through to this place on this one drug then it raises each explanation, raises a lot of questions.

And then the other possibility is this is the Jungian possibility and I can't remember which one it was, but one of the other things he talks about these elves because of the Caberi the Caberi are the alchemical children that appear in act three of Foust, that Jung spent a lot of time on these alchemical Caberi and the question of the homunculus and he says in one place, I think he says, he describes them as autonomous psychic elements that have escaped from the control of the ego. This is a weird way to go about it, I means it's probably an accurate description but how much does it tell us you know? It means that the psyche is to be visualized as a half gallon of Mercury. and when we throw it on the floor the Mercury balls up and spreads everywhere, each ball of Mercury "by god it, has a little face", looking back at you. That's because Mercury is a mirrored surface, you're looking at your own psyche shattered into pieces around you.

Another possibility and one I leaned toward for years, and I still lean toward. because i've noted the radical nature of your explanation diminishes with the distance since the last time you smoke DMT. The longer it's been, the more likely you are to have some humdrum notion that you can pour it into. So the humdrum notion that I settled on was the clearly these are just extraterrestrials. They don't come in silver ships demanding to be taken to the national defense agency. This is how they come, why they come this way, who knows? They're coming through mind, mind is the medium in which they travel. Where did they come from? Who knows, can it even be located in the newtonian space-time matrix. I mean what do you want here, a star catalog number, would that satisfy you?

And then finally, I think i've exceeded my number of possible explanations (laughter) and then finally the explanation which is my current favorite, it's a little disturbing and I haven't quite figured out what to do with it. But i'm on the sense that we're on the right track here. The reason that the DMT space feels so peculiar, both alien and excruciatingly familiar is uh because these things in this other place represent what I call an ecology of souls. This place is the one place you never thought you were going to make a visit to and come back to and chat it around the coffee maker. This, they're dead, that's who these things are. This is the realm of the dead. well I have to confess in all of my psychedelic voicing and idea mongering, I never was able to go that far to reach that far in my imagination. It sort of had to be presented to me. But if you go to shamans, world wide, and talk to them about their spirit helpers, and say you know what's the deal with this, who are these things. [2:19:35/28:23] They say, well these are the ancestors, didn't you know, these are the ancestors. It's perfectly cut and dried and normal.

I had an occasion, I won't use his name to embarrass him but I had the occasion to expose a very well known Tibetan high mucky muck to DMT and he said after he took it like a man, said afterwards, "that is the lesser lives." That is the lesser live's. and if any of you are student's of mahayana buddhism you know that the lesser lives are the lives you see at the edge of the bardo as you start in to the 42 day process of dying, you encounter the lesser lives. This guy was saying to me. "You can not go further in the body and have any expectation of retiring." in other words, 'once you have seen the lesser lives, you have stretched the umbilicus to matter to the breaking point, if you go one step further, it's eternity for you.'

Well, I don't know how I feel about this. I've had to then ask myself, the head tyke is that me? Do you actually encounter your dead soul? Is there a dimension where you are both simultaneously both dead and alive, both simultaneously witness and observer. I don't know but I certainly think that if we're going to use a conservative explanation for these things. The only theory more conservative then that they are dead people, is the theory that says that they are nothing whatsoever. And that just simply will not serve. I think it would come as a tremendous surprise to twentieth century civilization if orthogonal to all our expectations of space flight and virtual reality, and all this techno shmechno stuff that we're lining up in front of us. That there would be a broadside from ninety degrees out from the unexpected, and that there would be a doorway swinging into the realms beyond organic existence. [30:56]

I resisted this fiercely but I just don't know what we're going to do with these DMT creatures, if we don't try to find a rational explanation. Any rational explanation will be exotic because the facts of the matter are exotic. Those of you who have not had this experience who are sitting there thinking 'it would never happen to me'. You're full of it! [Audience Laughter] It will happen to you. This doesn't require the willful suspension of disbelief, this doesn't require a pure heart or dietary prescription. No this is part of the human birthright and the fact that we deny the existence of a non-human entity, intellectual intelligence on this planet is just part of our heritage from rationalism. And you know, you don't have to take it very seriously, because Rationalism the Philosophy that gives us permission to deny the *invisible world*, you know who founded the philosophy of rational materialism? Any takers? Aristotle was early, I think I give credit to Rene Descartes for modern materialism and rationalism. Well, you know who told Rene Descartes to found rationalism and materialism, an angel! [Audience Laughter] Are you ready for this, this is a suppressed history episode in the history of human thought. Here are the facts folks; 1619 Rene Descartes is 21-years old. He's a young frenchman in search of adventure, he joins a Hopsburgh Army that is going off to Prague to lay siege to Prague, to put down an alchemical revolt there. They kick butt on these alchemists, win the war and their on their way back to France, and in September 1619, this French army camped Ulm in Southern Germany. some of you may know Ulm as Einstein's hometown. In fact that figures in our story obliquely as you will see. This French army camps at Ulm and Rene Descartes hits the hay and in the middle of the night an angel appears to this young man, in the radiance of his rooms and says "the mastery of nature is to be achieved through number and measure" modern science is founded folks right there, right then by an angel. So how far away are the informing voices. How rational *is* rationalism? How material *is* materialism? All of you must know I'm sure the famous story of Kekule, the German chemist Kekule who discovered the Benzene ring. He was struggling with the problem and physical chemistry could not figure it out. Fell asleep in his study and the Auraboric Serpent appeared before him in his dreams and took it's tale in its mouth and he came out of sound sleep and said *i've got it*. He walked to the blackboard and he drew the first Benzene ring. Angelic intervention. Intervention from the unconscious.

The point of all of this is to suggest that human history is completely interpenetrated by the peculiar, the non-human, that which has intentionality and affection for mankind, for humanity. And this is what shamans call to their aid. this is how the curing is done, it's done through these spirit helpers. They're called, elemental. So far as I know Jungians is the only modern intellectual position where you can even raise this issue without having a matt dropped over you. I mean this is absolutely forbidden by the modern world view. Yet it lies very, very close to the surface in our culture. I mean as an example of how close to the surface it lies in our culture, consider for a moment, Santa Clause. What's this about? Santa Clause is the master of the elves. The elves that he is master of are demon artificers. They make toys for the world's children in their vast underground toy shops. And where are these underground toy shops? At the North Pole. I don't have to tell a room full of Jungians that the North Pole is the axis mundi, idrasil, the magic world ash, the center of the mandala. What are the colors of Santa Clause? Red and white, the colors of Amanita Muscaria absolutely. What is the particular animal of Santa Claus, reindeer. Reindeer are very central to the Amanita Muscaria cult because reindeer eat the mushroom and then excrete their urine and this is thought to be a cleaner and easier way to take the mushroom than to take it on the so-called 'first path', the second path is after the reindeer have had it. [37:24] An anecdotal side, if you're ever in the Yakut Basin one of the great perils of the intoxicated Amanita user is to crawl out of the yurt in the middle of the night to take a leak in the snow and before you can back off the Reindeer come and knock you headlong, because they want to get to this amanita flavored snow. So here is Santa Claus right in the center of our culture and when you take it apart, all of the motifs are there; The Demon Artificers, the Elves, the Cosmic Axis, the magical flight. It's a beautiful example of the preservation of pagan psychedelic use into a modern context. What can we say about this? Oh well I know, one more thing I wanted to say about it. That this program that these Tyk's are pushing is a language skills program. And we don't know how long people have been bursting into this place. This may be the source of language. You know - where did language come from? We learned it from elves in hyperspace is as good a possibility as any other. and this is still ongoing, this language reformation program. They want us to activate our language forming ability and language is the DMT flash I said this morning. It's something beheld. Syntax is something potentially to be looked at, not to be heard. We don't understand this because for us language is something that you hear. we can't imagine a language that you see. But have you ever noticed the way in which we preserve clarity of intention in language with verbal metaphors? We say, "I see what you mean, he painted a picture", it means we unconsciously believe that truth will be beheld and some of you who are students of the ancient literature may know Philo Judaeus, hellenistic Alexandrian Jew, absolute contemplate christ, born before died after. In one of his treatises on the Logos, which he was always talking about. Philo Judaeus presents an etymology of the word Israel, and he says, Israel means "he who sees god", this is this meaning of the word god. 'He who sees god', he's talking about that and he says "What would be the more perfect Logos?", now I assume most of you would know the Logos was an informing voice, a voice in the head. Which was the scenic qua non of Alexandrian spirituality. Socrates had it, Plato had it; the Logos. so Philo Judaeus asked, "what would be the more perfect logos?" and then he answers his own question he says, "the more perfect logos would go from being heard to being beheld without ever crossing over a noticeable moment of transition." That is precisely what you encounter in deep psychedelic experiences and the DMT flash. You behold the Logos. In the initiation of experience. You don't behold it, you hear it. It sounds, in Michael Harner's wonderful phrase, "like the sound of rushing water" or like the *sound of Tinkling Bells* and it's very far away and then it begins to come closer, you can, you begin to form a picture of it in your mind in the way you would form a picture of a Napoly marching band that you just heard it about a half-mile away and the pa pa pa is getting bigger, coming closer. This is the elf parade and when it finally comes into view it actually goes without ever passing over a noticeable moment of transition, from being heard to being seen. Through the phenomenon of approach. You hear it before you see it then you see it far away then you see it very close. When you see it very close who cares what it sounds like because you're seeing it.

This more perfect Logos is what the Tyk's the spiritual helpers want to teach and I think that it's important to spend a little time on this because I think this would have tremendous historical impact upon our situation if we could by hook or by crook create a more visible logos, a language which could be seen.

You probably all considered at some time or another, what would telepathy be like? I think most people answer that question by thinking that telepathy would be; for me to *hear what you think*, but how would it be telepathy were for me to *see what you mean*, That's telepathy. It puts you in the other guys shoes. If you stand in the other person's shoes you are the other person. To have a person's point of view is to be that person in regard to that single atom of experience.

So I've spent time with Virtual Reality people, and all these technical folks, because I think visual language is something that wants to be born. And it may be that it can be technologically coaxed into existence, that we're gonna have to wear goggles or have fast computers. Or it may be that it can be physiologically coaxed into existence. There may be drugs which shift the processing of language from being an auditory phenomenon to being a visible phenomena. Ayahuasca is an excellent candidate for this, if you spend time with the ayahuasca taking populations in the amazon, theres great stress in these populations on acquiring what's called an Icaro. Icaro means magical song. and the Icaro is a spontaneous chant like song which comes to you during the intoxication. The thing that's interesting about these Icaro's is that they are critiqued as visual objects, not as sound. People never say of an ekaro, "it sounded beautifly." they always say, "it looked lovely.", and then people will say, "but there should have been more blue" [Audience Laughter]This kind of thing, it's clearly being criticized as a visual modality. well I think that these Ayahuasca using people are at the cutting edge of evolution. [2:37:40/ 45:45] They are forcing the evolution of the modality of language. It may be that the processing of language is not hard wired not physiologically wired. It's a software function, having to-do with culture, language, upbringing and so forth. Because some people claim they are great visualizers and that they do think visually and so forth and we have no reason to deny this. It maybe that we are just a one gene, or even an expression of gene ratios difference away from an entirely different way from processing communication between each other. And this is what the new age, the end of history, the anticipation of this great breakthrough that we can feel but not really outline is about. If that seems far fetched to you, you should notice how far fetched the original emergence must have been. I think people were fully people and totally mute and unable to articulate a thought, then either an accumulation of neurons or some synergistic effects was brought into play and low and behold spoken language emerged out of that.

Well something similar could happen to us. In the morning session I talked about the forced evolution of language, paying attention to our language. I really think that the way to think of these psychedelics is as catalysts for the imagination. If any of you are chemists you know that a catalyst is something that when you add it to a chemical process, the process is tremendously speeded up, but in the end the catalyst is not destroyed. The catalyst is reconstituted at the end. So psychedelics, one way of thinking of them, is as a catalyst for cognition. The original description of psychedelic drugs was that they were consciousness expanding drugs. Well if we take the idea that they are consciousness expanding seriously for even a moment then we have to put a lot of attention in on this because it's the absence of consciousness that is murdering us and our planet. We need all the consciousness we can get, we need to ring it out of computers, get it out of plants, raise it in ourselves and our children. Wherever we can get it, we need it. The present situation with the planet is very dire, very dire because of us. Our unchecked evolution in a single direction along the gradient of culture has now created a toxic planet that is an endangered planet. Since this situation has arisen entirely within the confines of history aren't we going to have to look outside of history in order to re-address this problem, I think so. and when we do look outside history, then we find the institution of plant shamanism there, waiting to inform us, to educate us, and to show us how to set a course out of the present dilemma. [49:50]

I don't think we can find our way out by ourselves. I don't think we can get high by ourselves and I don't think as a species that we can save the planet by ourselves. We have to have a partner. We have to get an ally into this situation.

Just in closing and as an example, the mushroom has a tremendous problem-solving ability. And because we can talk to it, we can ask it questions. We can actually get a non-human perspective on human problems.

A few weeks ago I made this statement before a group of people somewhere, and after the talk was over, somebody came up to me and said, "well why don't you ask the mushroom how to save the world?", and I just put it off, thought it was the wrong attitude, but then later I wondered about this question, how to save the world? I thought maybe i've been too circumspect with the mushroom, maybe I should just put it to it. So I carried out the experiment and put to them, how do we save the world? Now I don't offer the solution, i'm going to tell you the mushrooms answer. so you can see how our backs aren't quite to the wall yet. There are still avenues to be explore. I said to the mushroom "how can we save the world?" there was a hesitation of 1/3 of a second approximately. and then the mushroom said, 'no woman should raise more than one natural child.', and I said, "what?" and it said, 'no woman should raise more than one natural child.', so I took that home with me and I thought about it. Here are the consequences following that piece of advice. The population of the earth would be cut in half in fifty years. Fifty years following that it would be cut in half again, 50 years after that in half again. In one-hundred and fifty years the population of the earth could be under a billion people. Nobody was shot, [52:24] no wars were fought. No one was told they could not have a child. No one was coerced, no one was starved. Then I started looking into this thing about children and population and most of you, like me probably imagined that the world has a population problem. This population problem is going on in places like Pakistan and Bangledesh because 'dag nabit those little brown people will just not stop having children'. Well, I looked into it and i've got a surprise for you: a child born in america will use between 600-1000 times more natural resources and energy than a child born to a woman in Bangladesh. Suppose you went to Bangladesh and you met a woman, a young woman of childbearing age, and she told you that her ambition in life was to have a thousand children. You'd be appalled, I mean what kind of social responsibility is this, what kind of a person are you that you want to do this. An american woman having one child is having the equivalent of those thousand infants.

Another interesting thing about this suggestion made by the mushroom. that each woman should rear one natural child. When we think of population control schemes, the first objection is, "my god you can never sell this to people, they have these religions, they have these centuries of tradition and so forth it just won't wash". Notice that what the mushroom suggested is most likely to be accepted by the person most important to convert.

We don't want to convert the woman of the backstreet of Bangladesh to this policy. we want to convert the woman of Sherman Oak, Malibu, Santa Monica, Gross Point, Boston, New York, Philadelphia because these are the woman whose children are using the resources. So here in one sentence the mushroom was able to answer a question I put to it, with a suggestion I had never dreamed of, that seems at first glance anyway to stand up pretty well and i've spent a lifetime trying to figure out ways to solve this problems, see we're a little stupid, because we're all alike.

Something years ago the mushroom said to me which deals with this was this question of enlightenment, and the mushroom said for one human being to expect to obtain enlightenment from another is like a grain of sand on the beach expecting to attain enlightenment from another grain of sand on the beach. Don't you get it, you're all grains of sand. I mean Joe Schmo who runs a body shop and Muktaruby Baba are the same people. There's no difference between these guys, no reason to assume so. So I think we need help and that little exercising, what do you do about the population problem shows that there are suggestions out there we haven't thought of, avenues that we haven't tried.

When I thought about why we haven't tried this avenue of one woman one natural child it took me about thirty seconds to understand that it's real hard to make a buck in this situation when population is retracting at a rate of fifty-percent per generation and our whole world is based on making a buck.

I told this idea to someone and they said, but if the women of Malibu stop having children they will lose all their political power because political power is numerical. This is not true. Political power is power. and if the woman of Malibu stop having children they will be quite a bit wealthier than they already are. Notice that this deciding to voluntarily have one natural child is also very helpful to you personally; that a woman will have to work less hard, will have to cut fewer deals with the in place structure of male dominance if she was only one child. A woman with two children has got to cut a deal with male dominance or she has a trust fund or something.

The reason we have a tendency to clench at a suggestion and not follow it through, is because we imagine there is something holy and sacred about the Nuclear Family and that we don't want to attack this biological unit that has such integrity. But this is a bunch of nonsense, the Nuclear Family has no biological integrity whatsoever, it's a creation of the post industrial reformation. The extended family is the natural human unit to ease the pressure child-rearing on young woman and to give everybody the benefit of intergenerational contact and so forth. No this Nuclear Family that our politicians are always beating their breath about, is the absolute caldron of neurosis in this society as far as I can see. When you look at the demographics about what is happening, the number of households that are one woman one child household I think you can see that maybe our unconscious has already been in communication with the mushroom and it's just the ego that's gonna get the news last.

Well I don't want to spend too much time on that but it's an example of how these things offer solution to human problems. If it can offer solutions to a human problem like over-population by six billion people on a planet, then it can surely take care of the needs and concerns of a group of rainforest hunter gatherers that number 70 or so people. I doubt that they can conceive of a question that doesn't have an answer to, because it can operate on many levels, simultaneously. This is an example of consciousness in action, you see - me plus nothing had nothing new to say about the population problem, me plus psilocybin had a whole new take, a suggestion. We can swat it down and ultimately decide it's a bunch of malarkey but at least there was a new thought a new try a new hope. This is the consequences of consciousness. We're beset by problems like this, and we shouldn't assume that they are insolvable simply because we haven't solved them. Infact we must assume they are solvable otherwise we are not gonna have a place to hang our hat in fifty years. But the solution comes through a act of humility, an act of opening to the dynamic of nature, the feminine, the psyche, the ego is the calcareous knot of tumorous tissue that stands outside of all that. It cannot be trusted, it cannot be relied upon. By attempting to dissolve that, to mitigate it's hard edges, to smooth it out into the greater context of being, then we really discover what humanness is about.
Humanness is not something that can be encompassed form the point of view of the ego, that's why creating the ultimately egoistic society, we've created a society with so little humanity in it. I see the psychedelics as a siren song calling us back to what is authentic, to what is real and to what instead of closing off our future options, begins to open them up so that we can see that human beings are apart of the larger universal destiny and we can comport ourselves with grace and dignity and make the world a better place then as we found it, which is certainly not our record so far. But it's not too late, I mean H.G. Wells called history 'a race between education and disaster', it's not mere coincidence nor even mere synchronicity that at this moment in time and space with these tremendous crisis bearing down upon us that we have reached out to the archaic peoples with a new attitude, not an attitude of how can we enslave them, but how can we learn from them. [1:02:10]

My hope is that here in the final kicking of the clock of history, we are going to end our prodigal descent into the desert world of the ego, and return with what we have learned. The fruits of the prodigal journeying of the errand son, which is what history has been. Return with the fruits of that prodigal wandering to the larger human family that waits on us in the rainforests, in the deserts, in the marshes in the thorn forests of this planet. The archaic people are waiting for us to get on the train and then the train will be able to depart, but we have to awaken to our past and then we can set a course toward a meaningful future.

That's the wrap, basically [Audience Applauds] [2:54:43 / 1:03:20]

So let me explain something, the DMT flash is very brief, the mushroom experience is very long, hours. You can, if you are fortunate and took enough on a psilocybin trip, you can work your way into a place which looks like a DMT flash. But it will take you a couple of hours of breath control, sitting in darkness and paying attention to get to this place. So, I wanted to make clear, that for my money, these hallucinogens all pretty much lead into this same place, but the experience of Psilocybin and DMT is very different if only different because one is tremendously gradual - although it might not seem that way when it's happening, but compared to DMT it's very gradual - it unfolds over several hours. While the other, you measure the DMT flash in hundreds of seconds, I mean it is a flash for sure. [1:04:37]

I'll just make my way through these and we'll do as many as we have time for and I guess we'll go until about 4.

"A recent LA Times magazine article on Mayan excavation made passing reference to hallucinogenic enemas, any knowledge of such practice?"

Good question, and humorous. Enemas were invented by the New World Indians, strange enough. It was a route of drug administration unknown to Roman or Greek Medicine. The reason the people of the Amazon Basin invented enemas, Two reasons really; First of all they had these very strong corrosive drugs that they wanted to find a route of administration for and the second reason was they had rubber. The South American forests are a source of rubber. So they invented the first enema, the first hot water bottle and god knows what else, decency should probably not even inquire [Audience Laughter] I've never taken a hallucinogenic enema, but in principle it may not be a bad idea with some things that are very sickening or like that. If you do an enema though, remember you cut doses to one third - you don't do a full dose that way or you'll leave a human shaped hole in the roof. [Audience Laughter] Once the European contact began enemas became just a fad in Europe, they were even doing tobacco smoke enemas at one point which is really weird.

"Please explain propagation and appropriate dosage of betel nuts and kava"

I don't know too much about betel nuts, that's Piper bette it's a vice throughout Southeast Asia. You probably all know the song from South Pacific; 'Bloody Mary's chewin' betel nuts', that's what that's about. Kava Kava is Piper Methisticum, this is a plant that occurs throughout Oceania and Micronesia and has a very exotic chemistry. Bisnoriagonine and norbacoistine are the active principles, these two compounds are known otherwise only from a mushroom. Kava is a kind of dreamy intoxicant. You don't feel like doing much but you really enjoy just sitting there on the beach and it's soporific kind of. It causes a bizarre condition which is called Crocodilianism. Crocodilianism is where your skin dries and cracks and migrates into little paramatie shapes. When Captain Cook landed in the Hawaiian islands he was of course meeting the high mucky mucks of the Hawaiian Royalty he thought everyone had leprosy. He didn't know what kind of a hell he'd fallen into until they put it together and said 'no no, these are the royal families all of these people are suffering from kava addiction; Crocodilianism. It's not pleasant tasting, it's not a pleasant high, but recently i was in another state and i had a very chance errand carry me to the house of someone i didn't know and there on the table in this house was this huge bowl - this carved fijian kava bowl. I walked over and looked at it and it was full of this milky creamy stuff and i stuck my finger in and i tasted it and it was kava and I turned to the lady of the house and said 'what's the story?' she says, 'my husband was in the Peace Corps in Fiji, he loves this stuff. Then I met him and talked to him about it, he said, 'I'm a chronic alcoholic, i can't touch a drink I can't touch a drop but I drink this and I love it.' and i said, 'do you know about crocodilianism?' and he said 'oh yes', he lifted up his shirt and scratched his chest and a huge cloud of dandruff arrose. Sometimes you never know, it's the people i hang out with. [Audience Laughter] [1:09:57]

"Could you ask the Mushroom what we should do about George Bush?" [Audience Laughter]

I have hope for the man, he has such a botanically promising name. The ones I am not reading aloud are the ones that seem to go to areas of my concern that I haven't addressed here today so i don't carry you over into them.

This is an important questions

"What is your view of introducing psychedelics to children, and the initiation of children into altered states?"

This is so controversial, so hot, that other than reading the question I'm not sure what I could say. At the Bridge conference at Stanford there was a womans panel Cat was on it, Caralyn Garcia, Cindy Palmer Horowitz, Nina Gavoy - some of the great Psychedelic woman. This is very important to discuss, some of you may have read Odd John by Robert Blye where he makes a tremendous case that father's should provide initiatory experiences for their children. And you know we're not talking an overnight trout fishing trip here folks. I think this definitely needs to be discussed, i'd be more comfortable with woman discussing it, because women are the caregivers and child rearers largely. But it's really a problem, it's a problem for us that we even do these things in a climate of legal intolerance, and then you know to put it onto our children, to make criminals of our children, you can lose your children with a stunt like that. This is very touchy and yet I see it as a first amendment right. It's a matter of religious conviction and I don't know my hope is that someday this religious conviction issue is going to collide right into the psychedelic issue because i do not see how we can live under a constitution that guarantees life liberty and the pursuit of happiness and say that psychedelic drugs are illegal. I mean if the pursuit of happiness means anything it must cover that. Now I've had constitutional scholars explain to me, 'well no you don't understand, hamilton wanted it to say life, liberty and the right to obtain property, and jefferson objected so they decided they'd put in language that was meaningless, so they settled on the pursuit of happiness' but i say lets take that meaningless language in the constitution and turn it into the greatest social revolution that's ever been seen.
Children and psychedelics [1:13:20]

Here's a technical question about mushroom media that we should spare the rest of you.

"All three explanations of the tykes are interesting, but are interpretations of experience. What if your tykes are contemplations, which are becoming as diversely as they see themselves. The self reflection of intelligence contains all forms."

Correct but then why these forms and why so persistently. To anybody who says something is everything, devolves the obligation of explaining then why it appears to be specifically something. I've taken lots of psychedelic compounds and I don't get Tyke's anywhere else. I think this is somehow specific to the beast.

This is more a statement than a questions

"Quantum mechanics, especially the schroding cat experiment show that we are simultaneously dead and alive rather like a kukule resonant structure of the two, DMT creatures are consistent with contemporary science."

This is true, i mean language is what divides, but what is divided is not divided it simply appears divided through the convention of language. I'm real uncomfortable with this death and DMT issue because I don't know quite what todo with it. I like profundity but even that seems like deeper water than what I wanted to get into.

"How does Ibogaine relate to MDMA in opening the heart?"

This is a funny thing about compounds, most drugs after they're discovery in the process of entering general awareness undergo a phase in which they are the Love Drug. This happens, marijuana has been the love drug, LSD has been the love drug, psilocybin has been the love drug, a slightly different type of love but cocaine has been called the love drug. MDMA has been called a heart opening drug and ibogaine as I've talked about.

plant's represent some kind of entire dimension of existence. of which we view the topological manifestation of the form but are completely occluded as to the network of energy and information that this represents. and like the zoological kingdom, which has thousands of forms of expression and progressive and more complex forms which culminate in self-reflecting primates. the vegetable kingdom seems to have intelligent species, and gradations of awareness in the world.
so that we are opening a dialogue at the end of history with this other form in the biosphere which we are just beginning to cognize as our own understanding about what the world is really about falls into focus. and certainly a hundred years ago no one would've thought that this was in the direct line of historical development of the high tech civilizations, that they would have to explore the mind of the vegetable plant goddess, who was, that only force contending with them for control of the planet that's what it's come down to.
so with that kind of idea in mind, the notion of plant and planet which is a phrase of anthony huxleys which is wonderful. uh. can't maybe you would want to talk about this
"um yeah, I was thinking last night and this morning about plants particularly. um. because of the talk I anticipated, back at the tent a little while ago I had a gnawing feeling that I was ignoring the animals too much and then I um arrived here and all they all began to gnaw on me, Ijust got about 14 ant bites just sitting here. so I feel grounded again. (laughter) I don't know about having a dialogue with the end of history with plants actually (laughter) I do think that uh they are this obviously great and ever present mystery which we ingest all day long without thinking of those as plants. without thinking of them as sacred plants, in the way that we do the sacred ones. their chemistry is, their input is influencing us all the time, whether we eat meat or not, we eat plenty of plants, and we breathe from them and we soothe our nerves by seeing them and being near them. and we go out in places like this and see kinds we've never seen before, and marvel about how they can survive. their real marvels of graceful survival aren't they. the jungle where we've spent a bit of time, the competition it seems for light and for protein Iguess for organic matter, the animals competing and here it's obviously for water. they have a kind of deal, if you look around under the bushes you see wonderful wild flowers right now, the rains have just held on, the moisture has held on long enough, that many things are going- the short cycle plants are going through their short intense light cycle and they often need shade to it. so we thought something we were sure was an african violet intrabush yesterday. you can see wonderful things if you look carefully and don't bother anybody else under there. um. the question i've been asking of myself recently, and of the few other people. now Ihave many of you ask it - Ihope Iget some answers. how can a plant be a teacher? um lask this of someone the other day who was deeply involved in neural linguistic program and he got way off on a tangent about 'what kind of a question does this mean' just broke down every part and phrase it was wonderful and we never got to any part an phrase - it was wonderful but we never got to anything about what he thought was the answer (laughter). but it does assume all sorts of things, you have to have an image of what you think of as a plant, which all though we have a sort of language verified easy answer doesn't really catch on the reality and uh and then you of course have to think what you mean by teacher. well lknow theres at least one biologist, serious biologist in the group here so i'm hesitant to define a plant. Iguess from my point of view as an observer. i've done botanical illustration and lreally value the opportunity Ihad to really look at them. and then when you think you've really looked, look closer you know, you can just keep on learning from them just visually that way. but they are uh organisms like us that draw in all the elements fire in the form of the sunlight, and water and air and earth. this moment right now is when they're doing that most energetically for the year of taking that moisture in their. you can look at each one, the leaf is new and the tissue is soft and the colors are bright as well as the blossoming and all that. um they're laying out the structure, as lunderstand it, for that growth to become more permanent, more woody, the perennials anyway. so that next year, well during the year they'll fill that out, next year they'll come from that place, they're doing this envisioning the future, what they'll have to deal with. how to move to make their interface with it, and then how to reproduce and uh their little messages are going into the seeds coming from pollination of other plants. so it's always like with us, when you choose a mate is like your choice for how you'd like the future to be right? my genes your genes, here it goes down the line. um. really all lhave about this is questions, Ihope you don't mind Ijust throw questions up and then - if

anyone wants to say anything please do. um. one thing Iwonder is, we regard ourselves as such individuals, we don't think of ourselves as species much terence talks about that. but in our daily life we really identify ourselves as individuals, as some of us having more power, more clarity, more energy, more talent, whatever we divide that way. with plants we tend to think of each plant on the species basis you know? Iwonder if um how much that's true um plants we're familiar with like ayawasca benesterios coffee in the south american jungle, if you want to make this visionary drink you go and find a member of that species, but different members have different potencies and different takes on the same kind of message. this gets to the teacher part. the the um. offendabars at larva luna interviewed a number of shamans in the jungle, they use this term plant teacher in spanish as we've come to use it too. and uh ask do you think that all plants have uh a plant teacher in ten, or do you think that some do and they were divided for example some people think only the sacred plants do. other shamans said no all plants do just some of the spirits, they call them the mothers, the mother of the plant or the spirit or the teacher. some are stronger, so that implies anytime we eat any plant we're taking in that teacher. they mix these plants with aywasca which already provides the vision, then they take a new plant that they don't know so well or that they want some particular aspect of they mix it in with that and take it and feel that they're radiating what is that plant what is the personality, whatever you want to call it of that plant. and that they can take on the qualities of that plant. so um Ithink the indians in this area as Iunderstand did that too with their plants, they wanted to take on the faulty of the peyote is a good one you know. Imean it lasts a very long time in a very subtle way doing who knows what, all that time when it's not being eaten by something, which is metabolizing the teacher in it, is the teacher in it when it's just sitting there all that time? is it experiencing the visions that come into the animal organism that ingests it. Imean Idon't know, and Iguess on this species and individual thing, Iwonder as an adjunct to that um, you know when you grow your own plants in your own gardens and when you grow your own vegetables how they taste different than vegetables that obviously the ones at the store that probably have not been grown with even the same kind of physical care but certainly not the same kind of attention?"

it's the question for me or what always astonishes me about it is where does the information come from? Imean, the peyote plant or the ayawasca vine or the mushroom growing there in the jungle or on the desert. how did it manage to tap in and become filled with uh a universe of alien platonic beauty? why is that there? all the rules of orthodox evolutionary theory conserve only what is necessary is conserved so it's very hard to understand how - why a plant needs a library card at the intergalactic library - uh because just sitting there in the desert of some planet alive and living -

"but each plant is different too, their library cards don't take them to the same libraries even. these visionary plants provide something distinct and sometimes you can see how it's a cousin of that one and sometimes you can't see that they're related at all?"

well isn't it that mind is somehow at the reflexive level chemical. and that when you change the chemistry of the engine which is giving the pictures the pictures change. sometimes it seems almost like a biological radio that you tune in to very strongly broad casting stations. some of which are you know - alien high tech insectoid, science fiction places. others are, jungle worlds or things that you can't even english. giant human teachers, Imet one 40 feet tall you know but the finger like a little child and led me through what was that doing in the plant?

when you take a longer slice you realize that the individuated existences that the individual is like an illusion and that really the planet is involved in some kind of chemical process which is like a gene swarm. and it's been going on for a billion years with more and more and animals and plants as species and as individuals are just aggregates of genes of varying degrees of permanence. the individual is a very impermanent aggregate of genes, the species has a slightly longer duration. but what's really happening is these information transforming molecules are just swarming on the surface of the planet and controlling as you mention (the weather, the chemistry of the soils, the rate of heat transfer) they've discovered now that plankton control weather in the oceans, by controlling the surface reflectivity that - the question Ithink is the peculiar dualism in the world of in

3:08:40 - 1:50 = 118

formation

why does it seem that reality is not reality

why are there co presence actually two worlds are co present in our experience

this is the taboo subject that we're here to talk about

the weird fact that there are two worlds, one of which our culture doesn't acknowledge but we all experience

thats a very schizophrenic situation to be in

we all exist in both of these worlds but our language our culture our institutions tell us no theres only one world

we have gotten into this lethal culdesac, where by not acknowledging the second world we have uh have veered off on a tangent which is uh threatens our extinction now. this obsession with control of world one; matter, energy and the complete ignoring of the world of consciousness which stood in front of it and manipulated it. But just taking that as a given has created this fantastically imbalanced culture.

Ithink that gets back to plants as teachers, because since we do, as in your words play with fire, as human beings. perhaps the question you were asking as to the plants as being teachers, my feeling at the time was 'there communication with us as we are in communication with them" we're all transcument beings, you're talking gene swarming on the planet. theres no safe in which we lock our own human knowledge, it's transcurrent to all around us. uh if you get into intelligent plants, which we were talking about earlier, perhaps, Imean if you follow that logically out, why not have have teachers as chemicals, that's how they can manifest within this particular body and do this library card as you word. well Ithink theres only one life on the planet though and to say that we're separate from the plants or from this or from the air is celicy.

so that's a great image, the growing transparency

that's a good idea for what the end of history is. everything becomes clearer and clearer and clearer and as it becomes clearer boundaries disintegrate and everything is seen to be of the the same stuff.

well Ithink through much of the world and still for instance the amazon and other cultures who were tuned into nature, was very transparent for very long. Progress, was the losing of that transparency and the forging ahead of certain parts of it. And, and almost to the point of just either eliminating uh to extinction or to the extinction of memory, the lessons. one day Iwas just, Ithink Iwas doing bookkeeping or something very mundane uh the little voice that interrupts every once in awhile, said um " a plant teacher is a teacher who has taken the form of a plant" and then that raised all these questions for me, so does that mean there are teachers floating around looking for places to land and ways to interface with the other species. and you know, i've always thought of rocks, big rocks and many places in the world you can sit on them and you can just here them you know and feel them. really.

i'm sure you know rudbridge shell brigs theory

well it's basically the idea of things of like kind resonate together

and uh when Ithought about this problem before about LSD and where does it fit into all of this

LSD is in the morning glories of central mexico and the far pacific. and Ithink that what makes a plant teacher complex is how many people it's taken. and that a plant that has been used a hundred thousand years is filled with all of the contents of the minds of the people who took it over that time.

but Iwanna introduce the notion that life, the plants and the animals are intrusions into three dimensional space of some kind of topological manifold of a higher order. you see the way in which a chair differs from a giraffe is that if you if you slice through the chair and then come back and examine it twelve hours later, it will be the same. but the giraffe will have changed radically. this is because by cutting into the giraffe you have intruded into the temporal dimension of it's existence. it is more like a musical note than an object, it must be born, grow mature and die and that process growth maturity and death is how three dimensional beings like ourselves describe the intrusion of these hyper-dimensional vortices into our world. that's the mystery of life, cannot be encompassed in three dimensions, life is a hyper-dimensional

object. All hyper-dimensional objects are organisms, whether they be societies or animals, so the question of what is the plant, you know when you ask yourself, what am i? what you immediately concentrate on is what philosophers call your internal horizon of transcendence. you look into yourself to understand yourself. when we try to describe a plant, we inevitably give a topological mapping of it, how it appears to us. it's uptake of minerals, and surface reflectivity, it's weight. but the plant obviously experiences itself very differently. all life has an internal horizon of transcendence toward which it aims. it's um - light has called it appetition, it's indusion of sensory data which it maps being. but what the nature of this higher dimension is, that these vortices are intruding into our dimension from is absolutely anybody's guess. Imean you can call it a mathematical conundrum or a religious mystery. but it's what's making the world happen. it's what, how the mystery of our being will eventually be shed one more level of uh veil to let us understand it. you see an organism is a chemical system which does not run down. the second law, thermal dynamics says that the whole universe tends toward the dissipation structure and the release of energy and heat, and then everything, all structure, all energy is dissipated. but the uh - life has achieved the miracle of by being an open system and taking material into it, and extracting energy from it. and getting rid of waste, life has been able to leave the main stream of thermal dynamic degradation. and establish itself at an equilibrium point, off that graph and maintain itself there for at least on this planet alone for billion of years. now the average life of a star in this galaxy is on the order of two and a half billion years, some last longer, but that means that biology is no epiphenomenon, no iridescence off the surface of matter as the ninsteenth century wanted to describe it. it means that life is uh indicative of a physics of higher dimensions, which intrudes into this otherwise thermodynamically-degrading system which we call the physical universe. and uh - information theres seems to be an informational ghost of this universe - which is somehow cop resent at all points within the matrix. perhaps alabells the rum or something like that, and that's what the psychedelic experience shows you, it shows you a hologramatik space of information, where by sitting still in your room and sending the mind you can cross the universe in an instant you know, and return. and the question of 'is this real?' is in bad taste. it violates the two ontological categories, you see. Imean it just isn't done. laughter. you're right, but the plants seem to be the things which shake us out of these cultural conventions. we have this very bad habit of uh of when we encounter a new experience we describe it and as we describe it we erase it's reality. and replace it with a map. and forever after when we encounter that input, we access the map and overlay it over the thing and say 'huh Iknow what this is', and so by the time a child is 5-years old they have completely entered into a symbolic construct which hides the real world from them. and uh fortunately these plant teachers seem to have the unique ability of showing you the relativity of language which for us is the relativity of being. and then you were freed because you have seen something incontrovertible, theres no going back. you are - that is the great first gateway on the path to realize the relativity of language and the malleability of the world.

3:19:50

coming out into the desert is a typical of people seeking visions, the first thing you have to do is leave the polas. culture is this effort to hold back the mystery and replace it with a mythology, at which is then in control of those who recite that mythology, whether they be shamans or priests. this holding back of reality is the strange - is what christian theologians call the fall. Our strange alienation from nature that causes us to crowd into cities and mint money and uh put a price on everything - this is why it's so important to go back to the amazon and eastern indonesia dn these places and try and understand what spark it was that those people kept, you know over the millennia while we became the prodigal son and wandered into matter and to you know hoard in the cities on the plane. And have now come full circle and have returned at the end of history, with the dilemma that we have made such a mess of things that theres nothing we can do now that lay...

each stage is a greater distancing from the well spring of being, and it's brought us to the valley of dry bones. to the valley of the apocalypse, and uh now the fat is in the fire. now we'll find out what stuff man is made of. it's uh the chickens come home to roost. (laughter)

well no, i'm very optimistic (laughter) is it my metaphors or my pessimism, the horrible metaphors

yes well - the rhetorical hyperbole, unbridal

"it interests me greatly to think that theres two worlds or that theres a main menu world"

Ithink you're right, that there are different orders of different worlds. Imean Iguess it was the physicist wheeler who thought that every time there was a choice, the universe took both paths and had always done this so that the number and kinds of universe was uh staggering.

right, Ifind that cumbersome. and uh (laughter) but theres certainly seem to be a number of universes and there seems to be different kinds of universes. for instance, uh you can tune from channel to channel but some of them you can't make heads or tails out of you know. it's just too far away from your conceptual schema for you to be - sorta like watching ideological mandalas, or something, you can't say much about it afterwards but it certainly was compelling while it was (aughter)

and uh, well Idon't know robin, you're such skillful questioner, you've brought yourself to the doorway to my most recent mania, maybe Ishould unburden myself briefly about it (laughter)

one of the weird things about growth or trying to make your ideas always become new is that you always assume you're going to uh to uh know what the next step is. that even though you're going to become more and more enlightened there won't be any more surprises (laughter)

so a few weeks ago Iwas meditating in my usual fashion and uh Ibegan to get this new idea which was so weird that Immediately shifted into a "ha, this is not the truth, this is not a transmission of the nature of reality, this is a plot for a science fiction novel, that Ishould write" and tried to hold that as the defense, that was the shield against the onslaught of this thing, and i've never been one for atlantis or lemoria or all these invisible prehistoric lands and places that people enjoy so much. but Iwas told a very funny thing which Iwill share with you, its uh a funny idea. now lets see how does it go. it has two versions: one of which speaks a scientific language the other speaks a mythological language. so the scientific language goes like this: theres something in the universe called a fractal soliton of improbability, this means it's a unicative cant, it only happens once in the lifetime of the universe. you can think of it as a wave length with one wave, thats why it's called a soliton. and these things move not in ordinary 3-dimensional space, but in some kind of much higher spacial manifold. and when they collide with a planet or when one collides with a planet in a universe the time stream of that planet is divided and two copies of the entire planet spring into existence without either having any knowledge of it. it just is something which happens. so this voice was telling me that uh this had happened to the earth. and that this was the secret that we were all striving to understand, was that an event in the past had actually divided our time stream. and that a twin of this planet had come into being in another dimension. okay so thats the scientific explanation of it.

so the mythological explanation of it was. that the universe was gnostic. that the universe was a creation of a demiurge. not the highest expression of divinity, but a kind of divinity, a fallen creature. and that this demi-urge was able to coax itself into being. and actually incarnate into history as a human being. and that when this happened this was then the mythological expression of the fractal soliton of improbability and when it happened the time stream split.

"the universe is the creation of the demi-urge and the demi-urge it held itself in the form of an individual"

right so this is sort of "we waited a long time"

when you're a den-urge who can hurry (laughter)

okay so the time splitting event had to do with the career of christ. who was an extraordinary manifestation of energy in historical time stream not to be confused with the buddha or mohammed or zoroaster who were great saints. and uh it was something else. it was in some sense what it claimed to be but in some sense okay. so now at the moment of, and you can choose either the immaculate conception or the resurrection depending on what side of the bed you got up on today. but at that moment, the time stream split, and this other place came into being without having any awareness - and they were identical at that moment, these two worlds. now christ had no children so oh what Iforgot to say was, that in the event, the fractal soliton of improbability has the quantum mechanical half charge, so that

in one of the universes it happens, in the other universe it doesn't happen. and so everything about these two worlds was the same except that in one of them the immaculate conception had not taken place, the resurrection had not taken place. now because christ had no children, in the world which he was absent, it was not a genetic line which as missing, it was an ideological line which never received expression. and consequentially as time passed first decades and then centuries, the absence of this particular intellectual influence in the world, changed the world radically. in the following way, greek science did not suffer the suppression that occurred with the conversion of constantine. the academies were not closed, the hermetic knowledge was not repressed. conversely the empire was stronger and was able to repel the barbarian invasions of the second to the fifth century. and mathematics which had halted in our world at diaphanous, preceded to his decipile hephasea to develop a calculus by ad 3 seventy. so the millennia of christian stasis that occured in our world did not occur in that world, and as time cast an engineering advances occurred. by around 850 they had ships which were able to cross the atlantic ocean, and they encountered the mayan civilization, reaching it's fullest tower in guatemala and on the yucatan peninsula and in fact in this vision isaw the roman emperor cosmidorus the fifth make a a pilgrimage to tidal in 920 to be presented at the coronation of a king, the end of boktinate. anyway, this grackle roman imperial culture immediately recognized the genius of the mayans in mathematics and astronomy and europe was transformed into almagalmation a grecko mayan civilization with the (cough laughter)
so let me see. and and this civilization continued to develop, now one of the influences which the mayans brought into europe around the year 950 was their extremely sophisticated psychopharmacsia and their shamanism. and this mated with neoplatanism and her medicism so rather than science developing, as it developed in our world, a kind of magical psychopharmacaltic technology of thought and understanding was what was developed over the centuries. and then in later centuries, centuries before it happened in our world, they contacted the orient, and the sung the dynastic influences of the sung poured itself into the creation of global civilization such that by around 1200 ad they were able to land on the moon. and create a cybernetic global civilization similar to the kind we have now, they continued evolving with all this psychotronic and shamanic derived - and now by this time you can imagine it was unbelievably exotic, an alien civilization compared to our own. the fruits of their psychedelic and psychoanalytic investigations into higher space was the discovery of our world. they found out what had happened, they figured it out. by studying dreams and by making deep journeys into the psychedelic space they were able to discover our sleeping unconscious with it's repository of the legacy of the christian centuries under the reign of this demi-urgic ideology. and they conceived of the notion of saving us, and it has to do with this whole thing about the UFO's and influencing dreams and astral traveling and the other side is actually the manifestation of this bizarre grecko-mayan post modern star faring civilization. trying to reach across the dimensions to save us from the momentum of our history. by making us aware of first of all, their existence, and also their technology which is evolving toward a point where Ithink around the mayan millennium, around 2012 the time island will be, we will flow past. the time island and the two time streams will be rejoined, and we will make peace with this civilization which is now 1000 years more advance than us with this totally different cultural history and this completely different take on reality.so this came to me in the space of about 15 seconds, and uh more details have flowed in and luse it mostly as a meditational device, because it's so interesting to ask to be told about how this other civilization developed. it's amazing exoticism you know it's neoplatanism, it's dosism, it's mayan influences melded into a completely different kind of civilization than the one that we inherited. i've always thought you know that the uh - that uh christianity without making any judgement about christ himself, that christianity is hands down the single most reactionary force in all of human history and where would we be had that twelve hundred years not been given over to this peculiar meditation. you know, all the pieces were in place for the kind of civilization that i've outlined. it was just, uh, a coincidence.

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Lithia Park, Ashland Oregon (2017)

Speaker: Patricia Anne Davis, Choctaw, Navajo, MD, MA

Witnesses: Spencer Barrett, Christopher Bird Van Puten, Robert Stern, Mckenna Rutherford and Corey Bradley

We are here on Sunday, June 5th, and we are in nature at lithia park. We are continuing the Eco Summit, and this was intended to be quarterly. Yesterday, the ideal was to follow indigenous ceremonial change process template. And that was introduced. I gave the orientation; we were to do some examples and then reconvene today.

Now, thank you for all the planning, the resources, the time and the space, the people's interest, presence, and commitment to continue and invite others to join in - planting seed ideas for reframing what I am calling, "win-lose is no win for everyone. Destructive and death producing choices, decisions, and outcomes." A reframe means to remember and reawaken, to win-win, constructive and life affirming choice, which is **Cocreative Situational Leadership and Policy.** This means that every person's gift contributes to the collective survival, the family, the community, a nation.

And I want to bring everyone's attention to the word: **Pseudo Community**. Because, that word describes a formal structure of any domain; law, government, health, education, any domain that is existing in a formal structure. It can be efficient and very efficient, doing the wrong things for all the wrong reasons in the wrong way. What do I mean by "wrong?"; "What is not good for us - and most of all, it does not work." That is why I use the word pseudo community which comes from M Scott Peck in his book, "a different drum". Pseudo Community is coping, it is a coping process.

This **Indigenous Ceremonial Change Process** is not a coping process, it is a healing process and that means it's a curing process and curing means it's a correctio and a correction is a reframe of our thinking to its appropriate function. To choose and to make decision and to manifest the outcome of everyone using their gifts to win, and we benefit in terms of our collective survival. That is the law of the universe. That is spiritual law, natural order, laws of nature.

It is only appropriate that we end up today in Lithia Park with the natural order and the natural setting; and the reason I am starting with the container and context of the indigenous ceremonial change process. Is because that is what I was invited here to teach. And to teach it means to implement it. A true teacher teaches and does not withhold the knowledge, because "knowledge not shared is dead knowledge". And facilitation means to set up the optimal conditions for teaching the ceremonial change process. And what is a given, what is predictable is that people will begin to reproduce pseudo community, and then, his next stage M Scott, I am talking, referring to m Scott, doing a comparison. His framework is called building a community by peace making.

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And I am going to describe it to you so you can understand pseudo community in his context in western culture literature.

Pseudo Community which I described and defined for you; that it is a coping process, its not a curing, does not make correction, it is just a formal structure without identifying an out of balance condition and the root cause that keeps it out of balance. And it does not make a correction for undoing the root cause. That is what produces a reframe for the correct sequencing.

Now I am going to go back to m Scott peck and describe his **4 phases of building community** by Peacemaking.

The 1st one is Pseudo Community and– I said that – its predictable. Any group will always go back into psuedocommunity, and that is what I saw during the day and in the evening. As soon as we went to the table, the topic was not according to the illustration on the screen of the sequencing. Do you see what I am talking about?

East is one, South is two, West is three, North is four, five is Center and the practical application of it.

So, in those categories right there. When we went to the table, the topic became topic number 3, "Community". See and it was "Leadership and Policy." Are you aware of that?

So, m Scott peck says, so you are understanding what I am observing from yesterday. And we are picking up there from today. For me to describe it to you and teach you about it, so that you can understand when I am comparing something and when I'm comparing something I'm using the art of distinction, that's what takes the topic out of dualism, I'm not talking in either for or against, right or wrong, I'm not talking in dualism, I'm talking in sequencing.

Pseudo Community and **Chaos** and then chaos is polarizing people into dualism and for or against, right or wrong, good, or bad, one up and one down, is escalating and that's war. So, can you see and hear the two actions, [925] one up and one down, escalating into war, that is what chaos is, conflict, due to dualism.

And the **3rd phase** is **Emptying**, and emptying he says, m Scott peck says, "examine the unexamined assumptions" ["make the unconscious conscious"] and he says in his book "that's what people absolutely refuse to do". Let us say I use what applies to all of us in this country for example we're in a war for over a decade, the root cause is I'm' identifying as defending our addiction to greed. So, when we get to phase two in the process in the emptying, that means each person would have to acknowledge their own addiction to greed and make those

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corrections. That is what he means when he says examine unexamined subjects. He documents in his practice, clientele, and group work group dynamic, he says that people do not know how, they do not want to, they refuse to go into emptiness. Examining their unexamined assumptions. Therefore, the society, the family, the community, any organization, a nation cannot do peace making for that reason.

So, they ***cannot get to stage four*** which is building community by peace making. And the whole definition of community is "living; putting into action" peacemaking is an everyday way of life, so peacemaking and community would be synonymous. Now that's where the word pseudo community comes from, so I refer people to the literature and to the book, because I use the word pseudo community and his definition when I see people going back into this win-lose system. I am taking them through this process, and then people just automatically go back into this in here. So I have to

Because they are addicted to it

So, they are doing the same thing that he observed and wrote about because that book was published in 1987.

So, I use that word to say let us not revert back into pseudo community, chaos, and we cannot build community because there is no peace making

Now look at the events that took place yesterday and now. Anything and Everything I talk about is going to show up in the now, it is predictable to the t and nth degree. Because it is actual, because some of the players do not always know that they do not know they are one of the players in here. So, you follow me when I am making a comparison with m Scott pecks western model. And then the indigenous ceremonial change process. - So, I can use his word accurately with you understanding the process, how he is using it.

Also, in my master's work in inquiry and research regarding whole systems design and systems theory is the leverage point.

So, I have identified the leverage point; it is win-lose and destructive choices, I identified the leverage point in the planet. Which is a small change that makes a big change.

When in fact our whole brain thinking is, we are built in for Win-Win Constructive and Life Affirming Choices. But we have been programmed and conditioned to be recruited to participate in our own demise. Win-lose nobody wins death producing choices.

So, I am setting up a container here

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And want to build this understanding and this container for some of the use of the words that I'm using and I have this chart here so I'm going to finish describing this and then open it up for questions we can explore today. But what it took for us to be together in this time and this place, I want to thank you, all of you.

Now, you know from what I said yesterday, and in times from before, in Ashland or at the armory or at the haven or somewhere - that I have told people that we are only existing for natural order, we cannot be outside of or separate form it. So, this chart and this illustration is just a picture of the programming and the belief systems and the conditioning. What you said is "addiction", people are addicted to it. So let me review these players and then you can understand and see it. Because, the players produce a life script, and you will understand that - because I will compare it to a male and female gender life task. The male and female gender life task is here in the natural order illustration. But first I am going to describe to you these players:

THE SYSTEM

The system, what we call the system, the worldwide system, the American system, what does that mean the system? It means the infrastructure and the construct is based on manipulating the world resources, so racism is a construct for manipulating the world resources. And so that is a belief in inherent superiority, privilege, and entitlement, that is the one percent at the top of the triangle. And so, this system, the designers of this system. The definition of perpetrator is "to create the laws, the rule, the regulation to perpetually win" and that is done by blaming the victim. It is your fault, so you owe me, taxes, late fee, interest, penalty, late fee, fines, time in jail and prison.

[1913]

and then **the predator** is, the lawyers and the businesses who help the perpetrator win in this system

So, this is what we call the elite, the aristocracy, the oligarchy, people who are manipulating the world resources

And of course, the one percent are the money changers, the illuminati…

Then at the bottom of this triangle that is pointing upward to represent "win", and how the money goes from the poor to the rich every generation.

At the bottom of the triangle it pits one against another, it takes any form, whites against blacks, Christians against Muslims, or Protestants against Catholics, it can be any form of us against them. It pits, you can see it at the bottom of the triangle.

That is the mechanism, it is the mechanism to pit one against another, it is the mechanism for win lose

So, if we are arm wrestling here his team would voodoo me and say, “Your old, white haired lady, your weak,” and then they would voodoo me, and take everything from me

But if I’m young and a body builder and somehow, he isn’t physically capable of taking me down in arm-wrestling, and I win, then all my people we get the spoils, we win, and winner take all –

That is what I call mechanism for win lose, that is the triangle pointing downwards.

Now the players, in the triangle pointing downward keep in mind, historically women, and people of color, in this system, have to agree to lose and pay to lose. And there’s historical reasons for that that we can go into the details if you are interested in.

So that, **rescuer and enabler** mean unhealthy helping, it means to help someone to stay the way they are, so now health and human services I worked in for over 20-years

Did budgets, wrote grants, competitive grants, defended budgets, got money, administered it, designed programs in behavioral health and mental health services, and nothing works. I saw millions and millions of dollars - Because rescuer enabler is to perpetuate the dependency to the system.

Intentionally, artificially create dysfunction, blame the victim, say “because of you” that’s food stamps, or sickness or anything To create that dysfunction and then to create a client and to say you owe me my paycheck because I got a job to offer you.

Get that? And then,

Persecutor over here is jail, prison, judge, court, police, bail bondsman, industry. And then **the victim** is the client, the clientele.

This circles in the middle of the triangle is a whole another whole that has to do with chemical dependency. So, we can see the chemical dependent on this chart is trapped inside the triangle going down. So, the chemical dependent is numbing the pain. Numbing the pain, alcohol and other drugs, substances. Or this is a way to get into the body, ingestive, ingestive addiction.

So, you see these lines around the triangle going down, the system operates on lies and blame. The lie is “win lose” and the blame is, “because you’re the problem you owe me. Your overdraft, so pay me the fee.”

You know you’re dealing with **the blamer**, when the first word out of their mouth, and you can count how many times they use the word “well you started this, you said this,

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you’re the one” then you know you cannot moral reasoning or do problem solving, because that person set you up to collect from you “now you owe me”

Follow that?

Okay when I get through with this description here I’m going to open it up for questions, because I’m providing the context and container – checking with you and following so that what we do today does not go into pseudo community. Yes, everywhere all the time, people just automatically go into psuedocommunity, and become a conduct. And they do not even know that they do not know.

Now, the lines around here. Watch this, I’m going to show you (2650) We’re similar age category, generation here, you’re basically the same we might have two generation here, so that me as an American Indian, I say something that alienates somebody and touches their buttons. Let’s say its this fancy person over here, and that person then attacks the messenger. When that person attacks the messenger, they’re going to say “you said this, how come this.” That is an attempt to pull me into dualism. To make me a – “you said this.” - I’m being intimidated “Now, tell me an answer”. And if I say there is no answer in dualism, they get even angrier. So if that person gets even angrier, and lets say someone of my generation jumps in and he saves me -

Whatever form it takes, then we set up here. That I am the persecutor because the person made me the persecutor of him or her. When that person made me, they had made themselves the victim, automatically. And then, he is the rescuer. And then, you all are friends or whatever, they are in the same generation. And then somebody else when he rescues me, he becomes the persecutor, and becomes the victim. And we all change roles, and somebody else jumps in and they become the persecutor of him. And I’m not a rescuer and so I don’t rescue him but she’s got a dad and so she jumps in and rescues him. And then, we are on. Automatically. That is domestic violence, in the home its domestic violence. Elsewhere in politics and the community it is called “lateral violence” but it’s the same process.

You follow that? That is all that is going on in this planet. That is the only form of communication that is happening here, all the way to lenell ptere issue or any issue, or snowden or any people, where we say, “Identify you as the identified…its your fault” we assign blame, and so we’re going to punish you, and so you’re the scape goat.”

“and then there’s the victim, the woe is me principal”

Okay we will get to that in the questions. Because you are using the word playing the victim, then you are informing us that that is why I call this a life script. That is a victim life script. So, um. I think I’m to a place where you’re following me. You understand what these lines illustrate. And They are accurate to the nth degree, they are accurate to a T, you can map them out, frame b frame b frame and they’re predictable.

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Anywhere I go, any place any age any race, I already know, this is the life script people are addicted to and they go into them automatically. And I will leave it at that for right now in terms of informing, clarifying, and setting up.

[3150]

More details and wherever this group want to go. I wanted to make sure and be clear that you understand what the art of making a distinction is and also that I reviewed from yesterday and yesterday evening to this morning to now, right? Okay.

Any questions anybody?

~~I have Topics~~

~~The Nature of Language and Betrayal Story I guess that fits into life script~~

~~Say the three words today and let me also write them down so I can refer to those specific words~~

~~The betrayal story, and the life script and the criminal mind.~~

1. Nature of language
2. Betrayal story
3. Criminal mind

Okay so what is your question?

I would just like to know more about those really.

We had a discussion on the nature of language, and the limitations of different language origins and development. That is a huge conversation, I’m not sure, the time, we wanted to get into the meat of some of the table discussions.

No, we are not going to vote on topics, because he’s asking the question. I’m going to clarify, what it exactly is that needs clarification on the nature of language.

The topic started on pseudo community- how the nature of language promotes or has an effect on the community, as well as how those relationships to pseudo community and how they promote and continue and how they create.

Is this just the English language – clarification.

I guess, total language – yeah.

[3520]

THE NATURE OF LANGUAGE

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The nature of language is that there is living words, which means that the vibration is resonating and in alignment with spiritual laws and laws with nature. Natural law and natural order. And so indigenous language speaks in those vibrations.

So, **the English language** is a commerce language and it is a trade language and it was intentionally, artificially designed for dysfunction; to be abstract. Meaning that the vibration of the sounds, and the abstract alphabet. Which are not a hieroglyph, they are not a picture not a hieroglyph. So, they are not connected. You have to make words and sentences and paragraphs, and then it goes from left to right, and then you say one word and it is spelled two different ways and has two different meanings.

So when you say “Nature of Language”, that’s the two thinking systems. SO there’s **intention**, and only two intentions, one that’s destructive and death producing and one that’s constructive and life affirming. There is only intention which goes into the nature of that language. And then that intention is what is manifested today. So that we could say that it creates our reality – but it does not create our reality either because, what is real has been made unreal, and what is unreal, the attempt has been to make it real. Do you hear the switch?

The switch is to make the real, unreal, in attempt to make the real, unreal – so that is the condition in the nature of language – that is the root cause of **the betrayal story**. And the betrayal story is “somebody has something that I don’t have,” so I have to do enemy creation and I have to dehumanize, and my language has to be in such a way that I create and manipulate language in such a way to justify. When I betray creator, I betray myself and I betray other people, and I have a way of justifying my not self, which is the life script. These players that I have just described to you is **the not self**. So, conflict, the conflict within me which is projected outwards, I call that delusion and self-illusion. And that’s the language that people are speaking today on the earth. That’s why we’re all trapped and entrenched in the thinking system that Einstein said, we cant solve the thinking with the thinking that caused the problem. That’s why it’s a betrayal story.

Now this is what the criminal mind looks like. **The criminal mind** is using our thinking for what it is not for, and to limit our thinking which is oppression. Right? Is it oppression? To use our thinking for what it is not for. It is not for enemy creation. So, the criminal mind is oppression; external oppression – it is power over. And then we internalize the oppression, and then that’s depression that means we are immobilized and then that’s depression and that’s the belief that theirs no solution, but that’s not true because at the bottom of the triangle that goes down. When the triangle goes down for lose, at the tip there, that’s suicide. So, the criminal mind is telling the body wrong information.

This illustration is basically the same illustration and it shows us, what we actually look like.

[4137]

The precious child of creator and creation, our sacred self, and our sacred place in the universe. And this represents the bottom circle. ~~Can you see, excuse me, it represents, what I am going to show you represents the bottom circle, I am going to switch it here. And when I switch this then~~ you will see that this is our condition - in this bottom circle on this chart. Can you see that? Because this is while we are existing, how this is illustrated to you – there is no aura. This is not standing beside us, which I am calling the spirit of hindrance, its on us and in us, this is on us and in us, so that's the sum total of what we call aura and our thought form. So that the criminal mind is the block right here between our brain and our soul. The block does not actually exist, it is the programming and it is the conditioning that says that we believe we are outside from and separate from nature. This block

This one right here, so you see that block so western people have this block right here, the belief in separation and being outside nature. This one looks like a T - This one is compartmentalized and dualistic thinking, for and against, right and wrong, and good and bad

[4400]

so this is the condition of what I'm calling the criminal mind, because it is using our thinking for what its not for, and what its not for is; win-lose and destructive and death choices. Because our whole brain thinking is a figure eight, nothing in nature polarizes, if you know what a ammonia strip is it's Sunset and sunrise, whole brain thinking, our divine feminine and our divine masculine. It looks like a you are a, yeah. So, thank you for coming what is your name?

Carin

Thank you, Welcome. I think it took us, see nine, ten eleven twelve, it took us 4-hours to find us here.

It actually took us two days, so you did very well

Thank you for being interested and thank you for looking for us and finding us

So we're using illustration to speed up some of the question here, and so you've asked a question that has three different words but you see how they're interrelated, so that, the criminal mind creates this spirit of hindrance in our aura – and then, what is the maladaptive emotions I have on here a whole list; hate, envy, greed, jealousy, fear, lust, remorse…. On and on whatever, maladaptive emotions, do not and cannot exist in the

The Indigenous Ceremonial Change Process

Patricia Anne Davis, MD, MA
Lithia Park, Ashland Oregon (2017)

earth water fire and air, so they do not and cannot exist within us. The criminal mind is the **betrayal story**, which is luciferin, which means "the lie, the first lie, and dishonesty in defiance of creator to deny the creator and the oneness of creation"

Does that make sense?

It takes a lot of words to say what is one word in Navajo

Hohzho

When we say "hohzho" the language does not exist in the inverse, it exists in the affirmative. So, you see how I am doing gymnastics and have to say stop because of my age. And not to get pulled so I am not doing the surgery. You can do the reconstruction for the infrastructure.

I am not a conduit for the spirit of hindrance, I am doing brain surgery here. And were not just sitting here

We are naturally deconstructing these thoughts, military, government, 50-200 people could take them down.

To be visible to educate, to carry on, to get the seed ideas, so that you do not get caught up again in psuedocommunity and chaos. And to not repeat for your generation the same folly.

So, we covered the nature of language, how it relates to the betrayal story, how we relate to the criminal mind its non-reality and its non-function. That reinforce the belief. That is why I have these illustrations

Can I video you holding up those?

Yeah

This is um, I am going to pass them around.

For what? For the creative solution for our collective survival.

Analysis

1. Protection; rights, life, preparation, security, defense
2. Protection To achieve Potential

CC is about responding
Psych- dissonance (belief/limitations: Heuristics, memory)
- Self preservation turns to culture preservation, preserving the dream of all artists, inventors, etc for all mankind, otherwise it was all a waste, they're dead, their record will only survive it we do

Bio- native species reduction, disaster and collapse preparation, economic and environmental sustainability
Socio - importance of Individuation in maintaining beliefs, morale
Politico/spirit- lack of following declarations/commandments,

3 recent articles: coke and pepsi plastic bottles, nike and apple slave labor and

Biological

- Native Species Reduction (increasing reliance on state (indigenous lifestyle))
- Disaster and collapse preparation
- Conscious of Reliance (enslavement (until completely self-sufficient)) on the environment
  - Degradation

Psychological

- Cognitive Dissonance
  - Belief Disconfirmation
  - Effort (self) Justification
- Information Theory
  - Heuristics
    - Trust must be a heuristic (limited comprehension means limited awareness)
  - Memory
    - 7 +/- 2
  - Bits/Neuroscience of Freewill and User Illusion
    - User illusion source of narcissistic and damaging superiority complex

Sociological

- Situational Affect
  - De-individuation
    - Moral Disengagement
- Root of all evil
  - Inequality (or Jesus "money")
  - Less than Human
  - Suffering is necessary

Spiritual/Governmental/Political/

- Lack of Follow-through (rights)
- Corruption
- Purpose (to mitigate)
- Financial Feasibility
- Designs

CC: Emergency... RESPONSE TRAINING (Conscience Culture (Internalization))

Pages: Opium of the People (**SG**), Addiction (**P**), Narcissistic Superiority Complex (**P**), Modern Holocaust (S), *Justice (S)*, *Pro Life and Pro Choice (**SG**)*, *Affirm Life (P/B)*, Family Restoration (**B**) & Individuation/ **RECLAIM IDENTITY** (P/S)
Additional: Luxury Beliefs (opium of the people?) (**SG**), Motives of Scientists ((NPD/Superiority?) (**P**), Venus Project (B), Chinook (B) and the Manuscript (**S**) (Industrial Society and It's Future)), **WATER IS LIFE**

1. **Needs** Met and Cognition Power/**Formal Process** (Hierarchy and Cross-Cultural Piaget Analysis)
2. **Trust** and Health (Attachment Science and analysis)
3. Assault on **Identity** (Self-fulfilling Prophecy, Confirmation Bias, Stereotype Threat, Golem Effect)

Conclusion

1. Plato's Cave Allegory
   a. Responsibility: Tending to the Fires needs
      i. Relationship towards Perception (Big Flame/Small Flame)
   b. Removing Barriers
2. Contemporaries (place in analysis?)
   a. P.A. Davis - INDIVIDUAL
      i. Fear for Survival creates ***Enemy images*** both internal and external
      ii. Affirmation of Life:
         1. Interconnection
         2. Win-Win Constructive
         3. Co-Creative intentional wellness
   b. D. Adams - ENVIRONMENT
      i. The myth of human nature discourages peace activist
      ii. ***Enemy images*** biological or cultural?
   c. D. Bella - DISSONANCE
      i. The Systematic Distortion of Information
      ii. Art of the City
         1. Salmon Day
         2. Are Cars the New Tobacco?
3. Addiction (Analysis?)
   a. Crisis, Healing, Model, Meaning, Social Action, Identity Expansion
   b. Learning to let go of The Need to Control Others and Feel Powerful
4. Chinook Resilience (Analysis?)
   a. Protocol
      i. Appeals to heritage
      ii. Place and Space
      iii. Relationship to scientific method
   b. Identity
5. Affirming Life
   a. Acknowledging Internal Dialogical v Dialectic, narrative therapy, learned optimism, logotherapy, CBT, beliefs
      i. ***Social gospel*** two voices
6. Taking Responsibility

CC: Emergency... RESPONSE TRAINING (Conscience Culture (Internalization))

   a. Expanding Concept of Self (Self Transcendence)
   b. Statue of responsibility (***Man's search for meaning***)
      i. Affirming
      ii. Absolving Guilt and Fear – Slavery and Vulnerability – By establishing self-resilient/sustaining/autonomous communities
   c. National Mitigation Framework

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1. Become Aware/Recognize Limitations
2. Declare/ Respond to Threats
3. Prepare/ Affirm Life's Meaning

Pages

Move piaget above maslow, get rid of probably

Emergency Ecological Moral Hierarchy
Complex Taxonomical Cognitive Trust-Crisis Circuit
of
Retraditionalization

1. **Darley and Latane**; notice, interpret, degree, form, implement
2. **Bronfenbrenner**; individual, micro, meso, exo, macro, chronosystem,
3. **Kohlberg**;2 preconventional; (obedience and punishment, self interest), conventional 2 (interpersonal accord and conformity, authority and social order maintenance, postconventional 2 (social contract, universal ethical principles
4. **Maslow**; physiological, safety/security, belonging, esteem, realization, transcendence
5. **Linnaeus**, Woese et. al, Cavalier-Smith ; DEAR KING PHILIP CAME OVER FOR GREAT SPAGETTI - species, genus/tribe/subfamily, family/infraorder/suborder, order, class, phylum, kingdom, domain
6. **Piaget/ Commons** – sensory, pre-op, concrete, formal, post formal, / meta-systematic, paradigmatic, cross-paradigmatic, meta-cross-paradigmatic
7. **Erikson's psychosocial** - "identity crisis - marcia" – trust vs mistrust, autonomy vs shame/doubt, initiative vs guilt, industry vs inferiority, identity vs role confusion, intimacy vs isolation, generativity vs stagnation, ego integrity vs despair
8. **Leary/Wilson** 8 circuit model – vegetative invertebrate/oral survival, emotional-locomotion/anal territorial, laryngeal manual symbolic/semantic time binding, socio-sexual domestication, neuro-somatic, neuro-electric, neuro-genetic/morphogenetic, neuro-atomic meta-physiological/ non-local quantum
9. **Freud**– oral, anal, phallic, latency, genital
10. **Addiction** - Crisis, healing, modeling, meaning, action, expansion

CC: Emergency... RESPONSE TRAINING (Conscience Culture (Internalization))

   a. ("The Poison that Ruined a Nation")
11. Jung or heroes journey?

1.
   a. Notice,
   b. individual,
   c. obedience and punishment
   d. physical needs,
   e. species,
   f. sensory motor
   g. trust others vs mistrust others
   h. vegetative invertebrate/oral survival circuit,
   i. oral
   j. crisis
2. .
   a. interpret
   b. Microsystem
   c. Self interest
   d. Safety/security
   e. Genus/tribe/subfamily
   f. Pre-operational
   g. Autonomy vs shame/doubt
   h. Emotional locomotion/ anal territorial circuit
   i. Healing
3.
   a. Degree
   b. Mesosystem
   c. Interpersonal accord and conformity
   d. Belonging
   e. Family/infraorder/suborder
   f. Concrete
   g. Initiative vs guilt
   h. Laryngeal manual symbolic/semantic time binding circuit
   i. Modelling
4.
   a. Form
   b. Exosystem
   c. Authority and social order maintenance
   d. Esteem
   e. Order
   f. Formal
   g. Socio-sexual domestication circuit
   h. Meaning
5. S
   a. Implement
   b. Macrosystem
   c. Social contract
   d. Self-realization
   e. Class (move above d – similarity to class consciousness)
   f. Post formal/ systematic
   g. Identity vs role confusion
   h. Neurosomatic circuit
   i. Action
6.
   ~~a. Implement~~
   b. Chronosystem
   c. Universal ethical principles
   d. Transcendence
   e. phylum
   f. Meta-systematic
   g. Intimacy vs isolation
   h. Neuro-electric circuit
   i. Expansion
7.
   ~~a. Implement~~
   b. Universal System
   ~~c. Universal ethical principles~~
   ~~d. Transcendence~~
   e. Kingdom
   f. Paradigmatic
   g. Generativity vs stagnation
   h. Neuro-genetic/ morphogenetic circuit
   ~~i. Expansion~~
8.
   ~~a. Implement~~
   b. Universal System
   ~~c. Universal ethical principles~~
   ~~d. Transcendence~~
   e. Domain
   f. Cross-paradigmatic
   g. Ego integrity vs despair
   h. Neuro-atomic meta-physiological/ non-local quantum circuit
   ~~i. Expansion~~
9.
   ~~a. Implement~~
   ~~b. Universal System~~
   ~~c. Universal ethical principles~~
   ~~d. Transcendence~~
   ~~e. Domain~~
   f. Cross-paradigmatic
   ~~g. Ego integrity vs despair~~
   ~~h. Neuro-atomic meta-physiological/ non-local quantum circuit~~
   ~~i. Expansion~~

Cc program expanded

CC: a platform specifically designed for communication

1. Front Cover
2. Definitions
    a. Terms: Conscience Culture, Collective Conscious, Collective Unconscious
    b. Google search:
3. Body Map
    a. water is life **SPECTRUM: SIZE & ENERGY & FORCE**
    b. arterial and lymphatic
    c. regeneration
    d. cellular diversity
4. Historical Events **SPECTRUM: BIOLOGICAL: DNA/GENETIC SIMILARITIES, CELL AND BODY COUNTS, TIME; GOVERNMENTAL, ORGANIZATIONAL, EDUCATIONAL, FINANCIAL**
    a. biological adaptation
        i. billion
        ii. millions
        iii. centuries
        iv. lifetimes
            1. bipedal movement proceeds brain development **SPECTRUMS: MOTOR MECHANISMS**
                a. exploration, adventure and integrating experience
            2. cell death and stagnation **SPECTRUMS: DIFFERENTIATED CELL VARIETIES AND FUNCTIONS**
5. The Cave Allegory
    a. squaring the circle and self-transcendence
6. Needs - spectrums
    a. safety
        i. education spectrum
        ii. financial/resource spectrum
    b. transcendence
        i. belief spectrums
            1. ending dualities (see: conclusion/analysis unification of social movements and ideologies)
7. Experiments SPECTRUM: **PSYCHOLOGICAL** PROCESSING LIMITS, COMP TO COMPUTER LAW OF EXPONENTIAL INCREASE, MEMORY AND BIAS SPECTRUMS OF PSYCHOLOGICAL DISORDER, SAINTS AND TERRORISTS OR A BROAD MEANS OF CLASSIFYING THE SPECTRUM, **SOCIOLIGCAL LAWS AND NORMS OF BEHAVIOR, CONFORMITY AND DEINDIVIDUATION, LACK OF FORMAL (PSYCH) OR META FORMAL (SOCIO) PROCESSING**
8. Analysis – Find and reorder spectrums to each quadrant (magnitudes of size, force, etc. physio(bio)) magnitudes of financial/educational/econ worth(socio-economic) , magnitudes of first two needs (physio, safety)(BIO), magnitude of Safety and love (Socio), Magnitudes of Esteem and self-actualization (Psycho), magnitudes of transcendental organizations (spiritual/political/governmental/beliefs) *so the analysis is a mere objective picture comparison, with little needed for an authoritative or personal interpretation*
    a. biological,
        i. (ref. above) biological adaptation
        ii. similarities
    b. stages of brain development
        i. CBT,
            1. automatic thoughts
                a. quality over quantity
            2. Triads,
            3. Transactional
    c. Psychological
        i. CBT
            1. Thoughts, Feelings and Behavior, self-others-future, the stoics
                a. SPECTRUMS: BELIEFS: SELF, OTHERS, FUTURE
        ii. the magic number 7
            1. SPECTRUMS DATA PROCESSING
        iii. the superstitions of the pigeon
            1. SPECTRUMS BELIEF; see: cognitive dissonance, belief perseverance
        iv. Freud
            1. SPECTRUMS (PSYCHOLOGICAL) DEFENSE MECHANISMS
        v. jung
            1. Confession, elicitation, education, transformation
                a. SPECTRUMS: PSYCHO-SPIRITUAL OPERATIONS OF CHANGE, SCIENTIFIC METHODOLOGIES, PROTOCOLS,
                    (a) Individuation as Interpersonal Exploration, (b) Individuation as Intrapsychic Exploration, and (c) Individuation as Integration
                b. Day1995
            2. Shadow, anima/Animus, self
                a. (Triad Relationships)
                    (a) Thoughts-Feelings-Behavior, Self-others-future, shadow-self-animus, parent-child-adult, unconscius-id-superego
                b. https://scottjeffrey.com/individuation-process/
            3. Childhood: ego, conscious awareness developing , youth: sexuality, Independence, family raising, middle life: realization death, introspect, old age: accept death, beginning new, hope
                a. https://study.com/academy/lesson/pioneers-in-human-development-theory-freud-piaget-jung.html
        vi. cognitive
            1. piaget **SPECTRUM: PSYCHO: COGNITIVE DEVELOPMENT & OPERATIONS**
        vii. Bronfenbrenner
            1. **SPECTRUMS: SPIRITUAL/GOVERNMENTAL : Ecological Systems of Organization**
        viii. moral stages
            1. SPECTRUMS : SPIRIT/GOV. OF MORALITY
        ix. free will
            1. user illusion already **spectrum of data**
                a. bits unconscious to bits conscious ratio
            2. compatibility theory
    d. sociological development
        i. master-slave psycho-socio mode of operation and spectrum of behavior
            1. hegel, nietzsche,
            2. mastery
                a. 10,000 repetitions
        ii. seville wars
            1. historical spectrum of slavery
        iii. The Four Directions
            1. spectrums: archetypes, personality types
                a. Triad relationship Dynamic - mother father and self
                b. Humors
                c. Conditioning
                    (a) hunger, appetite
                d. Marcia adolescent ID
                    (a) commitment, exploration
                e. attachment theory
                    (a) harlows monkeys
                        1. lasting effects of social isolation
                    (b) bowlby and the strange protocol
                        1. trust self, trust others
                    (c) erikson
                f. Big 5
                g. myers briggs
                h. gardners 8 intelligences
                i. betrayal trauma theory
        iv. knowledge (**spectrum of cognitive operations, memory limits, bit processing speed)**
        v. logic
        vi. current figure heads: putin, trump and gates
            1. **SPECTRUM (SPIRITUAL/POLITCAL – SPECTRUM OF SAINTS TO TERRORISTS)**
        vii. Top Rated Movies: (Artistic Spectrum?)
            1. IMDB
            2. childrens shows (**SPECTRUM OF LIFE SCRIPTS (PSYCHO-SOCIO): ARTISTIC CREATIVITY, STORYLINE TYPICALS, EDUCATIONALS VS THEATRICALS)**
                a. main themes: optimism, team-work and problem solving
9. controversial topics
    a. spectrums of duality (DISSONANCE: SPIRITUO / POLITICAL DISSONANCE (spiritual and political beliefs do not line up with behavior of organism)
        i. cannons, canons, qanon, illuminati
        ii. pro choice and pro life,
        iii. drug culture
        iv. master slave psychological, economic and governmental
            1. cultural yet not biological (d. adams)
    b. underlying values
        i. full human potential, human-centered capitalism, **(SOCIO-ECONOMIC SPECTRUM OF HUMAN VALUE BY REGION vs or combined with SPECTRUM OF SLAVERY)**
    c. affirm life
        i. nietsche, (this and all below = **SPECTRUM DUALITY/DISSONANCE / SPIRITUAL / SOCIO/PSYCHO (all but BIO (all but natural.-the potent invisible effects of culture))**
        ii. man's search for meaning: statue of responsibility, the logos, the two voices (theology for the social gospel)
        iii. win-win,
        iv. life affirming, the logos, Affirming
10. methods of identity expansion
    a. observational analysis
    b. experimental analysis
        i. bio-conditions
        ii. socio-conformity **(spectrum of conformity = / slavery?)**
            1. externalization
        iii. psych-power **(spectrum of control / power / addiction (and operating modes(transtheoretical model of change))**
            1. projection, internalization, objectification, externalization
        iv. spiritual governmental

1. parenting styles

c. meta-analysis (CC Logo)
    i. CC Logo
d. Conclusion
    i. platos cave
        1. needs and barriers
        2. (variables) - size of flame and perception
            a. ventillation and oxygen
            b. hunger and appetite
            c. control and attention - and other executive function discussed(discuss is to share disgust) in
            d. attachment trust self trust others
    ii. bio - housing security, eco cities, education, concrete practical and ready solutions
    iii. psycho - squaring the circle self-transcendence
    iv. socio -
    v. spiritual – "governmental" / complex organization (governmental structures governing/ influencing intrapsychic (bio psycho socio) domains) – one step beyond t

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1. Internal Dissonance vs Coherence (Intrapsychic)/
2. political (intra/inter-group)

CC2 Stats 4.4 x main citations.odt

Physiological Needs

(Air, Water, Food, Shelter, etc.)

1. **Air**
    a. CO2
        i. 415 co2 ppm (Hawaii/Worldwide, Delhi, china, us),
        ii. ***sick classrooms caused by rising co2 levels***
            1. effects on brain performance, **(1-3)**
    b. ***Air Pollution Kills as many as Cigarettes.*** **(4-8)**
        i. Smoking 1/3 Cigarette a day equivalent air pollution for the average American
        ii. 10,000 - 107,000 Americans Die Due to Air Pollution Annually
        iii. Smoking 5-7 Cigarettes a day equivalent air pollution for the average European
        iv. Smoking A pack of Cigarettes a day equivalent to breathing in Delhi, India and Beijing China Air
        v. 7 million deaths worldwide attributed to Air Pollution
    c. Bird Extinction
        i. 3 Billion (about 30%) birds lost from North America in last 50 years
2. **Water**
    a. **485,000** (780,000 WWDR) deaths caused each year by contaminated drinking water, (9)
        i. 297,000 deaths of children 5 years and younger each year (Preventable)
    b. **2 billion people globally** use a **drinking water source contaminated with feces**
    c. **40% of the lakes in America are too polluted** for fishing, aquatic life, or swimming
        i. *15 interesting facts about water pollution that you should know,*
    d. Fish Extinction
        i. 95% Reduction in Salmon & Lamprey Populations (Once Native Food Sources)
    e. **Ocean Acidification**
        i. 90% Coral reefs will die by 2050
            1. Responsible for producing half (50%) of the worlds oxygen and absorbing 30% of man-made carbon dioxide
    f. **Drought**
        i. WWDR 2020
            1. Figure 4.1, 6, 15, 16
            2. During the past 20 years, the two main water-related disasters – floods and droughts – caused more than 166,000 deaths, affected another three billion people and caused total economic damage of almost US$700 billion (EM-DAT, 2019). Droughts accounted for 5% of natural disasters, affecting 1.1 billion people, killing 22,000 more, and causing US$100 billion in damage over the 20-year period (1995–2015). Over the course of one decade, the number of floods rose from an annual average of 127 in 1995 to 171 in 2004 (CRED/UNISDR, 2015).
3. **Land**
    a. 50% of the Amazon Forest will be lost by 2050 (10% reduction in Oxygen)
        i. Losing 3 football fields per minute
    b. 50% of Species on Earth will be Extinct by 2050
    c. 50% of Species on Earth will be extinct by 2050
4. **Waste**
    a. **30-40% of the US food supply is wasted** or **133 billion pounds and $161 billion worth of food** (2010)
        i. *Food waste FAQs usda.gov*
    b. Average Annual CO2 use per person
        i. 4,5 tons per person globally
        ii. 4.6 tons Co2 per typical passenger vehicle
        iii. 6.4 tons Co2 per person in China
        iv. 17.5 tons Co2 per person in US
        v. Denmark carbon tax $18 per ton Co2
    c. Figures for the Biggest Polluters (2011)
        i. China, 10 billion tons
        ii. United States, 5.9 Billion tons
5. **Hunger**
    a. **40 million American's are malnourished,**
    b. 40.6 million American's rely on the Supplemental Nutrition Assistance Program (SNAP)
    c. 93.3 million adults and 13.7 million children are obese
        i. Adults?
    d. more than 1 in 4 children live in food insecure households in lane county hunger in Lane County 2016
6. **Homeless**
    a. 3.5 million Americans homeless each year
        i. 1 million are children
    b. 70.8 million refugees, asylum-seekers and internally displaced people (2018)
7. **Enslaved**
    a. **40 million Slaves** Worldwide
        i. 16 million Forced Labor exploitation (1 in 4 are children (4 million))
            1. Raw Minerals mining (www.slaveryfootprint.com)
        ii. 4.8 million Forced Sexual Exploitation
        iii. 15.4 million Forced Marriage
        iv. 4.1 million State-imposed forced labor
    b. List of 149 **Products Produced by Slaves in the US Economy** (US Dep. Of Labor 2018)
        i. alcoholic beverages, artificial flowers, baked goods, bamboo, bananas, green/soy and yellow beans, beef, tobacco, bricks, carpets, cashews, tin, ceramics, Chile peppers, citrus fruits, cloves, coal, cocoa, coffee, corn, cotton, cucumbers, cumin, diamonds, fish, eggplants, an assortment of electronics, emeralds, fireworks, poppies, footwear, furniture, steel, garlic, garments, gold, grapes, gravel, hazelnuts, iron, leather, lobsters, locks, matches, meat, melons, nails, palm oil, olives, onions, palm thatch, peanuts, pineapples, pornography, rice, rubber, salt, sand, shellfish, shrimp, silk fabric, soap, sugarcane, surgical instruments, tea, timber, vanilla, wheat, potatoes, carrots and more
    c. **400,000 modern slaves in the United States**

Safety/ Security

(personal security, employment, resources, health, property, etc.)

1. **Governmental**
    a. *Democide*: The murder of any person or people by a government, including genocide, politicide, and mass murder.
    b. **35,654,000 War Deaths vs. 182,800,000 Democide** Deaths (1900-1999)

128,168,000 VICTIMS: THE DEKA-MEGAMURDERERS

        i. 61,911,000 Murdered: The Soviet Gulag State 1917-1987
        ii. 35,236,000 Murdered: The Communist Chinese Ant Hill 1928-1987
        iii. 20,946,000 Murdered: The Nazi Genocide State 1933-1945
        iv. 10,214,000 Murdered: The Depraved Nationalist Regime 1921-1948

25,178,000 VICTIMS: THE LESSER MEGA-MURDERERS

        v. 6,000,000 Murdered: (CIA Covert) American Holocaust 1947-1987
        vi. 5,964,000 Murdered: Japan's Savage Military 1937-1945
        vii. 2,035,000 Murdered: The Khmer Rouge Hell State 1975-1979
        viii. 1,883,000 Murdered: Turkey's Genocidal Purges 1900-1923
        ix. 1,670,000 Murdered: The Vietnamese War State 1954-1987
        x. 1,585,000 Murdered: Poland's Ethnic Cleansing 1945-1948
        xi. 1,503,000 Murdered: The Pakistani Cutthroat State1971
        xii. 1,072,000 Murdered: Tito's Slaughterhouse 1941-1987

6,945,000 VICTIMS: SUSPECTED MEGAMURDERERS

        i. 1,663,000 Murdered Orwellian North Korea 1948-1987
        ii. 1,417,000 Murdered Barbarous Mexico 1900-1920
        iii. 1,066,000 Murdered Feudal Russia 1900-1917
        iv. 1,500,000+ Illegal Organ Harvesting and Transplants China 2000-2020
            1. 60,000 illegal organs harvested and transplanted in China annually, report finds _ *The Independent*
            2. 114,000 people were reported to be waiting for a new organ in the US (2018)
        v. 1,300,000+ Murdered American Terror State
    b. **262,000,000 Total Democide Deaths** (88,000,000 Pre-Twentieth Century)

> To give perspective on this incredible murder by government, if all these bodies were laid head to toe, with the average height being 5', then they would circle the earth ten times. Also, this democide murdered 6 times more people than died in combat in all the foreign and internal wars of the century. Finally, given popular estimates of the dead in a major nuclear war, this total democide is as though such a war did occur, but with its dead spread over a century. RJ Rummel, *Death By Government*

If the Nuremberg laws were applied, every post-war American President would have been hanged:

        i. Truman
            1. 2 atomic bombs killed at least 129,000 citizens
            2. Proceeded to organize major counter-insurgency campaign in Greece which killed about 160,000 people, 60,000 refugees, and other 60,000 or so people torture, political system dismantled, for American corporations to come in and took it over.
        ii. Eisenhower
            1. Overthrow of the government of Guatemala,
            2. Invasion of Lebanon in 1958
            3. Overthrow of the government of Iran through a CIA-backed coup
        iii. Kennedy
            1. The Invasion of Cuba
            2. The Invasion of South Vietnam
        iv. Johnson
            1. Indochina war
            2. The Invasion of Dominican Republic
        v. Nixon
            1. Invaded and Bombed Cambodia
        vi. Carter
            1. Supported Indonesian invasion of East Timor
        vii. Reagan
            1. Central America Contra's Operation
            2. Support for the Israeli invasion of Lebanon
        viii. Bush Sr
            1. Condemned by International Court of Justice for "unlawful use of force"
            2. Gulf War
        ix. Clinton
            1. Kosovo tragedy
            2. Genocide in Iraq
        x. Bush Jr
            1. Found guilty by the Kuala Lumpur War Crimes Commission for torture and cruel, inhumane and degrading treatment
        xi. Obama
            1. Global Drone Assassination Campaign

xii. Trump
1. "War Crimes Enthusiast"
a. Assassination of Soleimani
b. Threatened to commit war crime, " as specified in Geneva Conventions as well as the US law of War Manual, extensive provisions related
c. Pardoned multiple war criminals, As the president put it on Twitter, "We train our boys to be killing machines, then prosecute them when they kill!" This is a philosophy that makes no moral distinction between killing combatants and killing the innocent.
d. vowed to impose torture techniques "a hell of a lot worse than waterboarding." Trump declared that he would "take out the families" of terrorist suspects, assuring skeptics that the military would not refuse his commands, even though service members have a duty to refuse orders that are manifestly illegal. "If I say do it, they're going to do it."

a. Local Government
i. North America 17th century onward
1. Initially little control from governments back in Europe, many settlements began as shareholder or stockholder business enterprises, and while the king of Britain had technical sovereignty, in most instances "full governmental authority was vested in the company itself" Settlers had to fend for themselves; compact towns sprung up based as legal corporations in what has been described as "pure democracy"
ii. *Do you live in a corrupt city?*
1. In 2015, when the University of Illinois released its study on government corruption, researchers tallied up the number of corruption convictions in big cities over the years. Miami and Newark both saw over 400 convictions on corruption charges from 2000-09.
iii. *Want to own a city?*
iv. *Can Cities become self-reliant on food?*
1. It is concluded that while high levels of local self-reliance would require an active role of city governments and planners, public commitment, financial investment, and labor, the benefits to human health, the local and global environment, and the local economy and community may outweigh the cost.
b. ~~*Investigating Planned Parenthood and Research Using Aborted Babies*~~
i. ~~Taxpayers fund the sale of aborted baby parts with millions of dollars annually. In 2014 alone, the NIH spent $76 million on human fetal tissue research "with grants to more than 50 universities, including Columbia, Harvard, the Massachusetts Institute of Technology, Stanford, Yale and the University of California in Berkeley, Irvine, Los Angeles, San Diego and San Francisco. It expects to spend the same amount in 2015 and 2016." Taxpayers have a right to know how these baby parts were obtained, which Planned Parenthood affiliates and other abortion facilities were involved, as well as which biotech companies and end consumers profited from the sale and use of aborted baby parts~~

2. **United States Justice Department**

i. **$210+ billion**
1. **$29.9 billion** Department of Justice (Executive Branch) Annual cost (2019)
2. **$81 billion annual cost to U.S. taxpayers**, (Prison, parole, and probation operations)
3. **$100 billion** in costs that are paid by individuals (police and court costs, bail bond fees, and prison phone fees generate)

ii. Incarceration in the United States (include graphic)
1. **2.4 million** people in US Prison (2008)
a. **25%** of the total **9.8 million** prisoners worldwide (2008) coming from a country with only **5%** of the global population
2. **6,613,500** people in the US adult correctional systems (2016)
iii. Increase in crime
a. United States Population and Number of Crimes 1960 – 2018
i. Year- Population - Total Crimes - Violent Crimes
ii. 1960 - 179,323,175 - 3,384,200 - 288,460
iii. 2018 - 327,167,434 - 8,441,110 - 1,245,065
b. United States Population and Rate of Crime per 100,000 People 1960 - 2018
i. Year - Population – Total - Violent
ii. 1960 - 179,323,175 - 1,887.2 -160.9
iii. 2018 - 327,167,434 - 2,580.1 - 380.6
c. **136.7% Increase of total crime** since 1960
d. **236.5% increase of violent crime** since 1960
i. Is prison supposed to rehab the individual, or is it supposed to earn money? If the goal is to earn money, then a high prison population is the end goal.
iv. **2.3% - 5%** of all US prisoners are innocent
1. **120,000** people may be incarcerated as a result of wrongful conviction
a. The innocence project, Miscarriage of Justice Wiki
v. "Bailing on the Justice System", Eugene weekly
1. "You get a lot of clients who say, 'I'm innocent, but I'm not going to trial, get me out of here. I don't care what I have to do, get me out of here now.'"
2. "It turns it into a plea mill," he says. "Like a puppy mill, it's a plea mill. The attorneys get less money if they take a case to trial."
3. "by and large most cases settle without going to trial — roughly 90 percent. And that's not just locally, that's nationwide.

2. **Energy**
a. Electrical Grid Dependency and vulnerability
i. *10 Scary Things That Would Happen if the Grid went Down*
1. No More supply Trucks
2. Stores would close
3. Schools would be shut down
4. Commerce would cease
5. Gasoline would be gone
6. Cell service would stop
7. Post offices would close
8. Air conditioning wouldn't work
9. Heaters wouldn't work
10. No more running water

3. **Economic**
a. Spending

i. Federal Budget FY 2020 (*The Balance.com/fy-2020-federal-budget-summary-... pdf) (**Budget_fy21(1).pdf**)-breakdown on pg111*

1. Revenue - $3.706 Trillion
a. Income Taxes – $1.8 Trillion (49% of FY 2020)
b. Payroll Taxes - $1.3 Trillion (35%)
c. Corporate Taxes - $265 Billion (7%)
2. Spending - $4.79 Trillion (2020)($1.083 Trillion Budget Deficit for 2020) vs $4.4 Trillion Budget of U.S. Government (2021)
3. Discretionary Spending

i. Defense - $633 Billion (2020) vs $705.4 Billion Annual (2021) Defense Budget
ii. Health and Human Services - $106 Billion
iii. Veterans Affairs – $93 Billion
iv. Education – $72 Billion (Link to graduation rates)
v. Housing and Urban Development - $57 Billion
vi. Homeland Security - $48 Billion
vii. State - $48 Billion
viii. Energy - $39 Billion
ix. Justice - $32 Billion
x. Nasa - $23 Billion

1. 54% of all federal discretionary Spending

b. Debt
i. $23.3 Trillion total Debt of US Government (Feb.2020, *Debt to the Penny*)
1. $78K worth of debt per US Citizen
ii. $1.48 Trillion total debt of US Students
iii. $30,100 Average Debt per US Graduate
c. **Poverty**
i. **39.7 million** American's live in poverty (12.3% of the population) (2017)
1. **12.8 million (32%) children**
a. ***Poverty linked to brain structure in children***; families that earned less than $25k/year had **6% less brain surface area** than those whose families earned $150k/year or more
i. Lead researcher Kimberly Noble teacher at Columbia University Medical School and senior author Elizabeth Sowell of Children's Hospital in Los Angeles California
ii. 23% of American's save no money from their paycheck
1. 58% of US Citizens have **less than $1,000 in savings**
2. 40% of US Citizens have less than $400 in the bank for emergency expenses
iii. Global Disparity
1. Per Capita Incomes worldwide rage from $280 in Burundi to $82,230 in Norway with the US in between at $56,180
2. $10,298 is the average worldwide per capita income
3. $32,400+ annual income places an individual in the global 1%
4. $718,766+ US top 1%, $118,400+ US top 10%
d. **Employment**
i. Unemployed
1. 4.2% Unemployed or 6.8 million people (2017)
ii. Unsatisfied
1. 30% American's have seriously considered quitting their job in the last three months

2. **Health**
a. One in Five adults in the United States has IBS (irritable bowel syndrome)
b. *CDC increases estimate of autism's prevalence by 15 percent to 1 in 59 children Autism Speaks*
c. 1 Million doctors
d. Prescriptions
i. 55% of American's regularly take a prescription medication
1. WebMD "American's Taking More Prescription Drugs than Ever"
2. *75% of med students are on antidepressants or stimulants (or both)*
ii. 1 in 6 Adult American's (40 million) take a Psychiatric Drug
1. Medical Expenditure Panel Survey, Scientific American, "1 in 6 Americans Takes a Psychiatric Drug"
2. *More Than 6 Percent of U.S. Teens Take Psychiatric Meds_Survey - WebMD*
iii. 1.3 million sought emergency room treatment for adverse drug effect
iv. ~ 124,000 died from *adverse drug effects*
1. WebMD "American's Taking More Prescription Drugs than Ever"
e. Pregnancy
i. Medications
1. 90% take a medication, 70% take a prescription
ii. Abortions
1. Globally, there are 43.8 million abortions
2. 47,000 deaths globally from abortions
3. 1.4 million abortions in North America (2008))
a. Jan. 2012, WHO and the Guttmacher Institute, Infoplease, global abortion rates
iii. Post-Partum
1. 89% Cesarean Delivery and 53% vaginal delivery filled prescriptions during the postpartum period
2. 21,000 in the US women become chronic opioid users attributable to opioid use in postpartum period
f. Addiction
i. **70,237 Overdose Deaths** in the US (2017)
1. Forbes, Drug overdose death in the US hit record high infographic
ii. Opiates
1. 255,207,954 opioid prescriptions (2012)
a. CDC, "U.S. Opioid Prescribing Rate Maps"
2. Heroin
a. 170,000 Used Heroin for the First Time
b. Lane County Deaths
iii. Alcohol
1. 2,200 alcohol poisoning deaths in the US each year
2. 26.9% (200+ million) US adults ages 18 and older reported that they engaged in binge drinking in the past month
a. 15.1 million US adults ages 18 and older have Alcohol Use Disorder
b. 1 out of 8 addicted
3. 111 million Self-reported Drinking and driving episodes

a. CDC. Behavioral Risk Factor Surveillance System (BRFSS), 1993–2014. Available at https://www.cdc.gov/brfss
4. 3.3 million deaths globally were attributable to alcohol (2012)

iv. Sex addiction
1. Pornography
2. Addiction hr's a week
3. Annual sales
4. Enhancement drugs Pentagon Spending
5.
6. 12% total websites are pornographic (4.2 Million Websites)
7. 42,7% internet users view porn
a. *Sexual addiction symptoms, abuse stats, withdrawal effects.pdf*
b. *Growing number of people addicted to pornography alarming – higher education.pdf*
c. *Pornography Facts and Statistics _ The Recovery Village*
8. 6-8% adult Americans or 28-24 million

g. Top 10 Causes of Death (2017)
1. Heart Disease: 635,260
2. Cancer: 598,038

i. Medical Error: 250,000

1. Accidents (unintentional injuries): 161,374
2. Chronic Lower Respiratory Diseases: 154,596
3. Stroke: 142,142
4. Alzheimer's Disease: 116,103
5. Diabetes: 80,058
6. Influenza and Pneumonia: 51,537
7. Nephritis: 50,046
8. Suicide: 47,173
a. 030.pdf "Table 30. Death rates for suicide, by sex, race, Hispanic origin, and age: United States, selected years 1950–2016"
i. *Children increase while over 40 decrease (implication of meds?)
b. **20 Veterans Commit Suicide per day**
i. 60,000+ over 10 years, over same span number of suicides among all Americans rose by nearly 10,000 individuals annually, an increase of 30 percent, 6,100 in 2017
c. (military times)
d. 300-400 Doctors Commit Suicide each year, more than double that of general population(npr.org)
e. Nurses – 23% more likely than women in general, 4x more likely to commit suicide than people working outside of medicine (nurse.org)
f. Farmers – 2x more likely than general population, and comp. to India drinking pesticide 200k+ deaths
g. Students – 2nd leading cause of death for students is suicide
i. *As Student Suicides Rise, A Harvard Case Opens New Questions About Schools' Responsibility*
h. ***Hospice*** (Key concern is Informed Consent and Freedom of Choice)
i. **1.65 million people received hospice services** (2011) US, 25 million worldwide
ii. **44.6 % off all deaths in the U.S.** occurred under the care of a hospice program (2011)
1. https://www.hopkinsmedicine.org/healthlibrary/test_procedures/urology/hospice_care_statistics_85,p00608
iii. Compared to Oregon only 1,459 DWDA patients (1998-2018) or 610 (2013-2017)
1. Oregon Death with Dignity Act 2018 Data Summary

2. **Education**
a. 70% of American's don't have a College Degree
b. 19% US High Schooler's don't Graduate on time

i. **Love and Belonging**
ii. (friendship, intimacy, family, sense of connection)

1. **Family**
a. Time spent survey
b. Four in 10 infants lack strong parental attachments Princeton university, 2014, " " "
i. V. # of adults
c. No maternal or paternal leave comp. to European countries…
i. Sleeplessness
ii. Ferber method
d. Divorce
e. Fatherlessness
i. Effects of fatherlessness
2. **Suicide** (moved to top 10 causes)

i.

ii. **Esteem**
iii. (status, recognition, respect, strength, freedom)

2. **Mental Health**
a. **43.8 million** Experience Mental Illness in a given Year (1 out of 5 adults or 20%)
b. Generalized Anxiety Disorder (GAD)
i. **6.8 million** adults, or 3.1% of the U.S. population, yet only 43.2% are receiving treatment.
ii. Women are twice as likely to be affected as men. GAD often co-occurs with major depression.
c. Panic Disorder (PD)
i. **6 million** adults, or **2.7%** of the U.S. population.
d. Social Anxiety Disorder
i. **15 million** adults, or **6.8%** of the U.S. population.
e. Specific Phobias
i. **19 million** adults, or **8.7%** of the U.S. population.
f. Obsessive-Compulsive Disorder (OCD)
i. **2.2 million** adults, or **1.0%** of the U.S. population.
g. Posttraumatic Stress Disorder (PTSD)
i. **7.7 million** adults, or **3.5%** of the U.S. population.
h. Major Depressive Disorder
i. **16.1 million** American adults, or about **6.7%** of the U.S. population age 18 and older in a given year.
i. Persistent depressive disorder, or PDD.
i. **3.3** million American adults

3. **Greed**
a. Luxury goods
i. **Military goods? Where to put**
ii. *The 20 Most Expensive Things In The World* compared to cheapest things in the world… (to give perspective)
1.
2. *These Are the Most Expensive Things in the World*
iii. *Comparing the cost of living between 1975 and 2015_ You are being lied and fooled when it comes to inflation data and the cost of living.*
b. Luxury beliefs

4. Top Billionaires/Companies("freedom") (2019, and Forbes "the worlds billionaires" (1987-current) graph showing less than 1 trillion wealth in 2000 to over 7 trillion in 2015)
a. Top Companies
i. 2020 Global 500 Report "brand-finance-global-500-2020-preview.pdf"

1. Amazon – 220 Billion
2. Google – 160 Billion
3. Apple – 140 Billion
4. Microsoft – 117 Billion
5. Samsung - 94 Billion
6. ICBC – 80 Billion
7. Facebook – 79 Billion
8. Walmart – 77 Billion
9. Pingan – 69 Billion
10. Huawei – 65 Billion

a. Number of billionaires
i. *There are now **2,101 billionaires globally** – up almost 40% from five years ago*
ii. **$200 billion** – Vladimir Putin's estimated Net worth (Bill Browder, a former fund manager in Russia and major critic of Putin, estimated the president's net worth at)
1. Top 25 Richest People in the World 2020_Wealthy Gorilla
a. Jeff Bezos Network: $117.5 Billion
b. Bernard Arnualt Net Worth: $112 Billion
c. Bill Gates Net Worth: $108.8 Billion
d. Warren Buffett Net Worth: $89.9 Billion
e. Amancio Ortego Net Worth: $77.9 Billion
f. Mark Zuckerberg Net Worth: $77.7 Billion
2. Percentage of overall wealth owned by top 10 people
b. Number of Billionaires
i. A total of **46.8 Million Millionaires worldwide**, and they collectively own approximately $158.3 trillion (**44% of the Total $360 Trillion Global Wealth**)
1. Credit Suisse 2019 Report
ii. *How Much Income Puts you in the Top 1%, 5%, 10%?* (**among American's** 2017)
1. Top 0.1% - $2,757,000
2. Top 1% - $718,766
3. Top 5% - $299,810
4. Top 10% - $118,400
a. *Economic Policy Institute Study*
5. According to the Global Rich List a $32,400 annual income will place … among **the global 1%** of earners
a. *Are you in the Top One Percent of the World?*
c. Billionaire's_net_worth_2000-2015 (image)
d. **Self- Actualization**
e. (pursuing a goal, realization of full potential, desire to become the most one can be)

1. *American Time Use Survey Home Page*
a. a2-2018
2. Professions
a. *Most American's Work one of these 10 jobs* (2014)
b. 1.1 million doctors of medicine all over the United States (2015
i. U.S. Physicians - Statistics & Facts _ Statista
c. 1.35 million lawyers in the U.S (2019)
i. • U.S._ number of lawyers 2019 _ Statista
d. 1.6 million engineers in the U.S. (2015)
e. 1.6 million construction laborers (2018)
f. 3.1 million teachers and over 49.5 million public school students in over 100,000 Operational public elementary/secondary schools in the U.S. States
i. public school students and teachers - Common Core of Data (CCD) - CCD Quick Facts
3. Leonardo DaVinci?

a. **Self-Transcendence**
b. (behaving and relating as ends rather than means, responsibility)
c. Giving oneself to something beyond oneself – altruism, spirituality – the desire to reach the infinite. "The very highest and most inclusive levels of human consciousness, behaving and relating, as ends rather than means, to oneself, to significant others, to human beings in general, to other species, to nature, and to the cosmos" (*Farther Reaches of Human Nature*, New York 1971, p.269)
d.
e. Collective "umbrella"/All-inclusive movement – Affirming life
f. "politics has always had the notion it has to be me or you" B Fuller
g. Individuals

1. Albert Einstein
2. Eleanor Roosevelt
3. Gandhi
4. Martin Luther King
5. Buckminster Fuller
6. VP Press Kit Jacque Fresco

7. 3 environmental activists murdered per week (2018)
    a. *164 Environmental Activists Were Killed Last Year_ Watchdog _ Time*
        i. *Previous year 207*
    b. *Disturbing Report Shows How Many Environmental Activists Are Killed Each Week*
        i. *2019 Global witness report*

    a.

1. *List of religious populations* - Size of Major Religious Groups, 2015 Religion Percent (/7.349 Billion Total)
    a. Christianity 31.2% - **2.3 Billion**
    b. Islam 24.1% - 1.77 Billion
    c. Unaffiliated 16% - 1.17 Billion
    d. Hinduism 15.1% - 1.11 Billion
    e. Buddhism 6.9% - 507 million
    f. Folk Religion 5.7% - 419 million
    g. Other (includes Judaism, Bahá'í, Sikhism, and Jainism) 1.0% - 73.5 million
2. Theology for the Social Gospel: (movements under transcendence?)

    a. Economic inequality
    b. Poverty
    c. Alcoholism
    d. Crime
    e. Racial tensions
    f. Slums
    g. Unclean environment
    h. Child labour
    i. Inadequate labour unions
    j. Poor schools
    k. The danger of war

3. List of Social Movements:

5. In transcendence

- Religious demographics, military personnel?

11. In self actualization

- Top billionaires, top companies
    - Facebook, Cambridge analytics, CROWD CONTROL
        - And other behavior recording apps such as WhatsApp

12.

13. **Current, past and projected Population Graphs**

    a. Species (taxonomy hierarchy graph)
        i. Mammals
        ii. Fish
        iii. Insects
        iv. Flora and fauna
    b. Humans
        i. Worldwide
        ii. United States,
        iii. Oregon,
        iv. Lane County, Eugene, Ashland

Necessity for graphs to show that most phenomenon are not just a one-time event but an accelerating disaster: Crime rates, executive spending, homelessness, suicides, number of slaves, rearrange hospice

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"Citation Main List. Historical, Statistical, Experimental and Contemporary"

Citation main list

Historical

1. Fire, Artwork, Music, Wheel

2. Egyptian, Hippocrates, Plato, Aristotle, Cicero

3. Copernicus, Galileo, Descartes, Newton, Hume, Hegel, Nietzsche, Marx, Jung

Statistical

1. RJ Rummel Democide

2. UN reports

Experimental

Contemporary

1. History of the Culture of war

2. belief in war determines participation

3. Enemy images biological or cultural

"CC1.234567 CC REPORT FORMAT"

Conscious Culture

1. Observations
- a. Definitions
    - i. Modern – Aware and Responding
        1. Biological Effects and Disorders
    - ii. Classical
        1. Consciousness
            a. Plato; Human Nature, Forms and Goodness
        2. Conscience
            a. Right or wrong, self-preservation, the super-ego
        3. Class Consciousness
        4. Double Consciousness
    - iii. Theoretical
        1. The Hard Problem
        2. Bicameral Mind
    - iv. Google Search
        1. FEMA
        2. Trust – underlying factor
- b. Historical Timeline
    - i. The Culture of War
        1. The State
        2. Democide
    - ii. The Culture of Peace
        1. World Historic Declarations
            a. The Axial Age vs. Underlying themes
            b. Native Treaties
        2. Revolutions
            a. Scientific
                i. Ancient Egypt, Greece and Europe
                ii. A Unifying Methodology
                1. Ontological Proofs of God
            b. Romantic
                i. Battle against the Reductionism
            c. Industrial
    - iii. Plato's Allegory of the Cave
- c. Model Compilation
    - i. Needs and Behavior
        1. Fire
            a. Dbasse_ … pdf - "with children's abilities to systematically explore these problems, formulate hypotheses, **manipulate variables, and observe the consequences."**
        2. Breath
            a. Oxygen(saturation/capacity) and Pressure (Rate) Alkalosis/Acidosis
            b. Relation to Hippocratic Four Humors
                i. Healthy Balance of all
        3. Individual Person
            a. The Hierarchy of Needs
                i. Stages
                ii. Attachment and Grief
            b. Cognitive Behavioral Therapy
- d. Statistics of War as Hierarchy
    - i. Physiological
        1. Air, Water, Land, Waste, Hunger, Homeless, Enslaved
    - ii. Security, Energy, Economic, Employment, Health, Education
        1. Governmental
            a. Departments
                i. Defense
                1. Justice – Crime Rates
                2. Health
    - iii. Belonging and Esteem
        1. Time Spent Survey, Attachment, Sleeplessness, Divorce, Fatherlessness
        2. Mental Health, Greed, Top Dogs
    - iv. Realization
        1. Professions and most impactful people (top dogs here?)
    - v. Transcendence
        1. World Historic Individuals, Religious Demographics, Social Movements

2. Questions
- a. Why is it hard to do something we know is good for us?
    - i. Self-Help
- b. Why are they killing themselves?
    - i. Multi-Dimensional Suicide
- c. Who is responsible?
- d. Why is there a subjective experience?
    - i. Self-preservation
- e. Meaning of life questions:
    - i. What is the meaning of life, what's it all about, who are we? What is the purpose of life, of one's life? What is meaningful and valuable in life? What is the value of life? What is the reason to live, what are we living for?
    - ii. Why are we here, what are we here for?
    - iii. What is the origin of life?
    - iv. What is the nature of life, what is the nature of life, what is the nature of reality?
    - v. Where did we come from, where are we going and why?

3. **Hypothesis**
    a. Out of sight, out of mind
        i. Out of sight externally &/or internally
            1. Caves of Steel Ending, and a higher justice than law.
    b. We are not [collectively] conscious
        i. 90% brain, 9/10 people
4. **Experiments**
    a.
5. **Meta-Analysis**
    a. Biological
        i. Experimental – Reflex and Environmental Conditioning
        ii. Native Species Reduction
        iii. Health is defense and Preparation
            1. Water is life
            2. Effects of pollution on cognition
            3. Biological diseases
            4. Terrorism and the Electrical Power Grid
        iv. Will to Live/Pleasure
            1. Examining the Social media phenomenon
                a. Redesigning our system to meet this shortcut/version of

    b. Psychological
        i. Experimental – Cognitive Shortcuts
            1. Memory
            2. Data
            3. Heuristics
                a. Introspection, Projection, Objectification, Internalization
                b. Confirmation Bias, Stereotype Threat, Golem Effect
        ii. Attainment of Formal Processing
        iii. Addiction (Move to Spiritual? Why is it hard to do something we know is good for us – cog. Diss.)
            1. Learned helplessness. Addiction is a shortcut
        iv. Will to Power/Doubt

    c. Sociological
        i. Experimental – Belonging, Conformity, Attachment
            1. The Strange Situation Protocol, Children and Adults
            2. Deindividuation, Moral Disengagement and Situational Affect
                a. Assault on Identity
        ii. The Modern Holocaust
            1. Compared to Past Holocausts/Democide/Slavery
            2. Modern Slavery
            3. Informed Consent
            4. Statue of Responsibility
            5. "The Root of All Evil"
                a. Inequality (or Jesus: "money"), Less than Human and Suffering is Necessary
        iii. Will to Belong/Love

    d. Spiritual and Governmental
        i. Experimental – Cognitive Dissonance
            1. Paradigms
                a. Belief Disconfirmation
                b. Effort (self) Justification
        ii. Addiction and/or Opium of the People
            1. Religious Demographics, core principles vs their behavior
            2. Social Gospel – **2 Voices**
            3. **Terror Management Theory "the Original Dissonance"**
                a. Martin Luther King Quote
        iii. Declarations
            1. Lack of follow-through
        iv. Superiority Complex and NPD (Collective)
            1. Ego, Self-made man and disproportionate claim to ownership vs environmental influence
        v. Corruption
            1. Do you live in a corrupt city?
            2. Financial
                a. Local Government
                b. Justice System – Crime Rates and the
            3. Technological
                a. Suppression of Technology Act
                b. Cambridge Analytics
            4. State Sponsored Terrorism
            5. Can a Cities become self-reliant on food?
                a. New York
        vi. Potential
            1. Green New Deal – Job Creation and Economic Boost
            2. Want to own a city?
            3. Open Source Ecology
            4. One Community Global
            5. The Venus Project
        vii. Will to Meaning/Believe

    e. CBT Triangles (Self, Others, Future)
        i. Potential, Rights, Mitigation
        ii. Identity, Attachment, Cognition (already under Experimental?)
        iii. Natural, Family, Grief
        iv. Buddha, Teaching, Community
        v. Know Thyself, make a Pledge Mischief is Nigh, All things in Moderation
    f. Samples
        i. Informed Consent
        ii. BP Oil Spill
        iii. Masters Agreement
    g. Peer Review
        i. PA Davis

            1. Fear for Survival creates ***Enemy images*** both internal and external
            2. Affirmation of Life:
                a. Interconnection
                b. Win-Win Constructive
                c. Co-Creative intentional wellness
        ii. D Adams
            1. Aspects of Culture of War
            2. *The myth of human nature discourages peace activist*
            3. ***Enemy images*** biological or cultural?
        iii. D Bella
            1. The Systematic Distortion of Information
            2. Art of the City
                a. Salmon Day
                b. Are Cars the New Tobacco?
6. **Conclusion**
    a. Returning to The Cave –
        i. Meeting the Needs
        ii. Removing the Barriers
    b. Individual - Retraditionalization
        i. Survival and Moral based conscience
            1. Guilt from Slavery
            2. Vulnerability from Unsustainability
        ii. Hopelessness
            1. Buckminster fuller quote "a new world coming through, less misinformation, in love with love and with the truth" and the 60s turned to lack of hope/pessimism and giving up on the dream and potential/likely movement subversion
                a. Why is the truth hidden from us? It should be easy to discover and it's not.
                b. Blaming the elders, blaming the structure. grievances
        iii. Trust Building
        iv. Emergency Ecological Moral Hierarchical Complicated Taxonomical Cognitive Trust-Crisis Circuit of Retraditionalization
    c. City – Self-sufficiency/Health/Preparedness – "Where to go from here"
        i. Socio Slave free
            1. Initiatives stop harm, secure jobs and sustainability
        ii. Bio Pollution free
            1. Cars tobacco, art of the city
        iii. Politico Corruption free
            1. Acknowledge and apply universal rights! Transparency, money spending, do more with less, stop greed and waste
        iv. Psycho free education and resources
            1. for the full development of identity and protection from deindividuation
7. Misc.
    a. The coronavirus and times of pandemic
        i. Needing a leader, breeding capitalism,
    b. Solving the hard problem: why is there subjectivity?
        i. **Cc is (the area of self-transcendence, all inclusive of diverse movements** which all originated from trust and rights and life in some way)
        ii. Affirm life
            1. Protocol
                a. Model
            2. Security /*rights*
                a. Guilt-slaves
            3. Fear-grid vulnerability
                a. Potential
            4. *Identity*
                a. Self determination
            5. Letting go of need to control others (as long as rights such as basic needs are met, this addiction is harmful) and feel powerful
                a. narcissistic
                b. superiority complex,
                c. root of all evil,
    c. Cc is about Responding
        i. Psych- dissonance (belief (limitations: Heuristics, memory)
            1. Self-preservation turns to culture preservation, preserving the dream of all artists, inventors, etc for all mankind, otherwise it was all a waste, they're dead, their record will only survive it we do
        ii. Bio- native species reduction, disaster and collapse preparation, economic and environmental sustainability
        iii. Socio - importance of Individuation in maintaining beliefs, morale
        iv. Politico/spirit- lack of following declarations/commandments,

*Experiments v5.6, Analysis & Conclusion 2.0, Anal and Concl. Comp,

"CC1 CCV6.2 (Table o Contents)"

Magazine/Doctoral Thesis Pages:

1. Cover(s)

a. **Ven Diagram**: Thinking/Belief/Theory/ (top), Feeling/Truth/Law (Bottom), Knowledge (Center)
b. hand holding heart conch
c. Ptolemy Styled: "conscious culture lettered on top of" full page Model (similar to **Geocentric theory**), Radio Wave, Lower Right Spectrum and sleep/wake EEG
d. Layman artistic: hand holding **culture disk** with model compilation in the culture disk
e. Back to back, **mechanical robotic looking down** lower left, living vascular/vitruvian looking upper right
f. **Informed Consent**: top of the page titled "cc: Informed Consent"

2. ~~Disambiguation~~ CCV4.5> *"Disambiguation"*
3. ~~Google Search~~ Primary Docs> *"CC 6.1 COMPLETE COMP trimmed"*
4. ~~Define~~ Primary Docs> *"CC!", "CC 6.1 COMPLETE COMP trimmed"*
   a. ~~Culture~~
   b. ~~Conscious~~
   c. ~~Conscience~~
   d. ~~Science~~
5. History (**OBS**. 1): CCV6> "*CC Timeline V200"*, Primary>CC Primary Drafts> "*Conscious Culture Timeline (SELF DISCOVER PACK)"*
   a. Parse tree (extended to experimental parse tree summation/analysis)
   b. Discovery of Planets and large bodies, Magnets and forces, Gases and smaller bodies (oxygen), Table of Elements Dev., Cellular Organization organisms
6. Plato's Cave Allegory (**OBS**. 2): Reading and Experiment Notes
7. Model Comp (**OBS**. 3): CCV6> *"Models Compilationrunning v6.1"*, CCV5> Model Compilation (CCV2-)> "CC Model Compilation Citations"
   a.
8. Global Stats overlay Hierarchy of Needs (**OBS**. 4): CCV6: *"CC Stats 4.1"*
   a. Transcendence: Full page for social movements
9. World Historic Declarations (**OBS**. 5): CCV6> "Timeline V200", CCV2> "*World Historic Declarations (Condensed) V2*"
10. Question(s): *Blue Spiral Notebook> p8*
    a. Hypothesis?
11. **Experiment**: CCV6> *"Experiments v5.51"*, CC Citations> Experiments
12. **Analysis**: CCV6> *"Analysis & Conclusion 2.0, Experiments v5.5"*, CCV5>Analysis

BARRIERS

a. Bio – "Reflex": CONDITIONS (pos. reward, punish waste,)
b. Psych – "Shortcuts": EDUCATION/RESOURCES (to resolve need for allocation)
c. Socio – "Belonging": Opium of People (or governmental?), Addiction Retraditionalization
d. Spiritual/Governmental – "Believing/Grief and Belief Formation/Cognitive Dissonance": TRANSPARENCY "Harvard business", "Social Gospel": Two Voices (parallels cog. Dissonance (self-preservation vs. group preservation (TMT Original Cog. Diss.))), Chinook Res. Self-Determ. /Recognition.

2. **Conclusion**: CCV6> *"Analysis & Conclusion 2.0"*
   a. Plato's cave: meet the needs and remove the barriers
   b. Guilt (Slaves) and Vulnerability (Grid)
3. Peer Review
   a. Davis, Adams and Bella

Other Projects:

1. Canvassing Brochure
2. Informed Consent Document
3. RE Industrial Society and It's Future Manifesto: Primary>Primary Docs
4. Spotlight Program
5. Family Archive
6. PR Opiate Settlement (re: master's agreement, BP oil, etc.)

* Other Documents: Backups> Primary, Google Docs, VZMedia>Screenshots

Key Citations: Global Slavery Index, Department of Labor, CDC Mental,

Reorganize a folder for Citations (Revolutionary Texts, Experiments, Model Compilation, World Historic Declarations)

"CC Table of Contents.txt"

1 cc definitions - PROTOCOL (scientific method)
remediating the struggle to understand the "concrete totality" of the historical process (marxist class consciousness) leads to history map with emphasis on class beliefs, structure and interests ("1 - definitions comp")
2 cc google search, body map - PLACE AND SPACE
3 cc history -
4 cc platos cave
5 cc model compilation
6 cc needs hiearchy/ stats of war
7 cc world historic declarations
8 cc questions and hypothesis
9 cc experiments
10 cc analysis
new speak/transcending movements

recognizing formal limits
attachment and health
bronfenbrenner and universalsystem
addiction
11 cc conclusion

main images:

0 - culture dish
1 - root word
4.5 cbt
knowledge ven diagram belief and truth, intellligent behavior
10 taxonomic hiearchy

11 statue of responsibility

"Key Texts Reference"

Key Texts in Expected Order: (reinforcement synchronicity effect on optimism, meaning and energy)
You Don't Learn This in School!?

CC
Disambiguation
Defining Conscious Culture, conscience collective, colle
Introduction:
Non Violent Communication: Feelings, Needs, Source, Request
Feelings
Needs
Sources
Requests: Declarations
National_Mitigation_Framework & Switzerland_Civil Protection System
Question:

Experimental:

Analysis:
A theology for the Social Gospel
Informed Consent Issues and Challenges
Conclusion:
Biopsychosociospiritual
Addiction
Emergency Ecological Moral Hierarchical Complex Taxonomical Circuit
Cognitive Crisis

Quotes:

Buckminster Fuller
Einstein
Gandhi
MLK
JFK
Eisenhower

"CC Reorganized.txt"
CC main thing

brochures
1. model compilation
2. world historic declarations
3. stats of war
   combine new stuff from condensed
   citations located in in cc-ccdownloads-mck phone-cc stats of war citations
4. experiments
4.5 Analysis and Conclusion
5. models/considerations for future

biggest things are (what will impact/sway the homefront most)
department of labor slavegoods statistics

Many veterans also experience a feeling of guilt at surviving when others did not. Survivor guilt may cause an inability to enjoy life, self-destructive behaviors, and depression.

"CC Citation attempt 100"

1. Historical Analysis
   a. Fire in Cave Leads to Model Comp
      i. CBT Distorted Beliefs
         1. Stoicism – **the enchiridion, by Epictetus.pdf**
         2. Hume's founding text (treatise) – **humannature.pdf**
         3. Automatic thoughts and Cognitive Triad becks origin depression - **b28350212.pdf**
      ii. Needs and Motivation
         1. intrinsic
      iii. Attachment and Health
      iv. Attainment of Formal Processing
      v. Chronosystem &/ Universal Traits - **urie_bronfenbrenner_the_ecology_of_human_developbokos-z1,** Ecological Models of Human Development
2. Statistical Analysis
   a. Bio
      i. Water is Life – wwdr19 and 20, diarrheal deaths, fecal contam, standing rock incident, bpoil spill and pipeline, acidifying oceans, and private corp influence (continued in spiritual/governmental)
      ii. Natural and Manmade Emergency Preparedness – terrorism and the electric power delivery…pdf , drought, hurricane, earthquakes, viral
      iii. Degredation curves
         1. Increasing and Forced reliance on the state – rehabilitating the environment

iv.
b. Psych
    i. Addiction – definition, google doc citations, AA results and
c. Socio
    i. Trust
    ii. Modern Holocaust
d. Spiritual / Governmental
    i. Demographics of religions
    ii. Moral/Corruption
    iii. Financial feasibility
    iv. "Justice System"
        1. Disservice and redirection towards systems over individuals
    v.

3. Experimental Analysis
    a. Bio – Conditions
    b. Psych – Shortcuts
        i. Information theory – memory, heuristics, bits & freewill/user illusion
    c. Socio – Conform/Belong
        i. Moral disengagement / de-individuation / situational affect
    d. Spiritual – Dissonance
        i. Cognitive dissonance – belief disconfirmation, effort (self) justification
4. Meta- Analysis
    a. Bio
    b. Psych
        i. Addiction and NPD Superiority Complex Rightism
    c. Socio
        i. Justice and Root of all evil
    d. Spiritual/Governmental
        i. Opium of the masses
        ii. 2 voices – gospel
        iii. Out of sight out of mind (the privileged class lack of conscience)
    e. **Needs** Met and Cognition Power/**Formal Process** (Hierarchy and Cross-Cultural Piaget Analysis)
    f. **Trust** and Health (Attachment Science and analysis)
    g. Assault on **Identity** (Self-fulfilling Prophecy, Confirmation Bias, Stereotype Threat, Golem Effect)
5. Peer Review
    a. PA Davis
        i. Fight for survival creates internal and external enemy images, affirming life 3 points
    b. D Adams
        i. Beliefs affect activity experiment, Seville statement, enemy images bio or cult, aspects of culture of war
    c. D Bella
6. Conclusion
    a. **Assault** on identity – double consciousness, stereotype threat; awareness doesn't eliminate and other studies, golem effect, self-fulfilling prophecy
    b. **Creates** Conditions – Chomsky, Pavlov and skinner, fuller,
        i. The conditions create the man, the current conditions foster dissonance, create a system that does not foster dissonance but nourishes and cultivates an endogenous and historical intrinsic drive (that is already present. But hidden (conscience))
        ii. HEALTH – biopsychosocial, Hippocrates (balance), viral, attachment and health,
        iii. Affirm life / expanding identity – emergency ecological, Nietzsche
        iv. Taking responsibility
            1. CC is about responding – definition of conscious – aware and responsive
            2. Statue of responsibility – mans search for meaning and logotherapy, learned optimism, narrative therapy for ptsd dialogical and dialectic
                a. Guilt (slave) and Vulnerability (grid)
                b. City
                    i. Socio slave free
                    ii. Bio pollution free
                    iii. Politico corruption free
                    iv. Psycho free education and resources
    c. For dissonance
    d. CC: Don't Miss the Point
    e. Protection (rights, life), Preparation (security, defense) , Potential (
        i. 1 Protection: rights, life, 2 preparation, security defense 3 protection by acknowledging and affirming rights to achieve potential
    f. Natural, Family, Grief
    g. Informed Consent

Pages: Opium of the People (**SG**), Addiction (**P**), Narcissistic Superiority Complex (**P**), Modern Holocaust (S), *Justice (S)*, *Pro Life and Pro Choice (**SG**)*, *Affirm Life (P/B)*, Family Restoration (**B**) & Individuation/ **RECLAIM IDENTITY** (P/S)

Additional: Luxury Beliefs (opium of the people?) (**SG**), Motives of Scientists ((NPD/Superiority?) (**P**), Venus Project (B), Chinook (B) and the Manuscript (**S**) (Industrial Society and It's Future)), **WATER IS LIFE**

Venus project press kit 2012 talking points: applying the scientific method to the social system, how environmental influences our behavior and values, changing human values, the process necessary to attain creativity and individuality, people are conditioned to serve the interests of the established culture, we have to live in accordance with the carrying capacity of earth's resources

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"CC Primary Drafts"
CC Stats of War
To mother v2

Organizing References

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a. Defining

i. Bois, W.E.B. Du, "Double Consciousness" in "The Souls of Black Folk"

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1. Marx, "class consciousness", "religio n is the opium of the masses" "man who has not yet won himself through"
2.

b. Body Maps

i. Atomic

1. Atoms in a glass of Water vs drops of Water in the Ocean

ii. Molecular

1. Gonzalez, Gema,1 Amaya Sagarzazu,1 and Tamara Zoltan2 "Influence of Microstructure in Drug Release Behavior of Silica Nanocapsules "
    a. Image of ibuprofen molecule size (0.6nmx1nm)
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    c.

iii. Cellular

1.

iv. Human

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2. Zimmerman, 1986 – 40 bits per second conscious perception, sensory systems at eleven million
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        ii. skin 1,000,000
        iii. ears 100,000
        iv. smell 100,000
        v. taste 1,000
    b. Richard Gregory (1989) explains a representation of external stimuli as a hypothesis or a prediction by our brain of what is actually being perceived. Information is sensed, relayed, and processed. During this process most of the information is discarded to provide you with a representation of reality based on our focused attention. What we are focused on will result in our conscious experience. Norretranders (1998) refers to the discarding of information as exformation.
    c. Britannica information theory
        i. Many researchers (being human) expected that the human brain would show a tremendous information processing capability. Interestingly enough, when researchers sought to measure information processing capabilities during "intelligent" or "conscious" activities, such as reading or piano playing, they came up with a maximum capability of less than 50 bits per second. For example, a typical reading rate of 300 words per minute works out to about 5 words per second. Assuming an average of 5 characters per word and roughly 2 bits per character yields the aforementioned rate of 50 bits per second. Clearly, the exact number depends on various assumptions and could vary depending on the individual and the task being performed. It is known, however, that the senses gather some 11 million bits per second from the environment.
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    b. Durand, John D., 1974, "Historical Estimates of World Population: An Evaluation," University of Pennsylvania, Populatio Center
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v. Planetary

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2.

vi. Galactic

c. Historical Timelines

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4. Experiments

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   a. a. providing systems to alert the population;
   b. b. providing the IT systems of the protection & support service;
   c. c. procuring equipment and material for protective premises;
   d. d. procuring standardised material for the protection & support service.
2. Article 45 Principle, Each resident shall have the right to a place in a protective shelter near to his or her home.
3. Article 46 Obligation to construct
   a. 1 When building houses, homes and hospitals, the property owner shall be obliged to provide, equip and
   b. maintain shelters.
   c. 2 Municipalities must provide equipped public shelters in areas with insufficient number of protected places.
   d. 3 The cantons may oblige property owners and owners of immovable and movable cultural property to under-take or accept building measures to protect said property.

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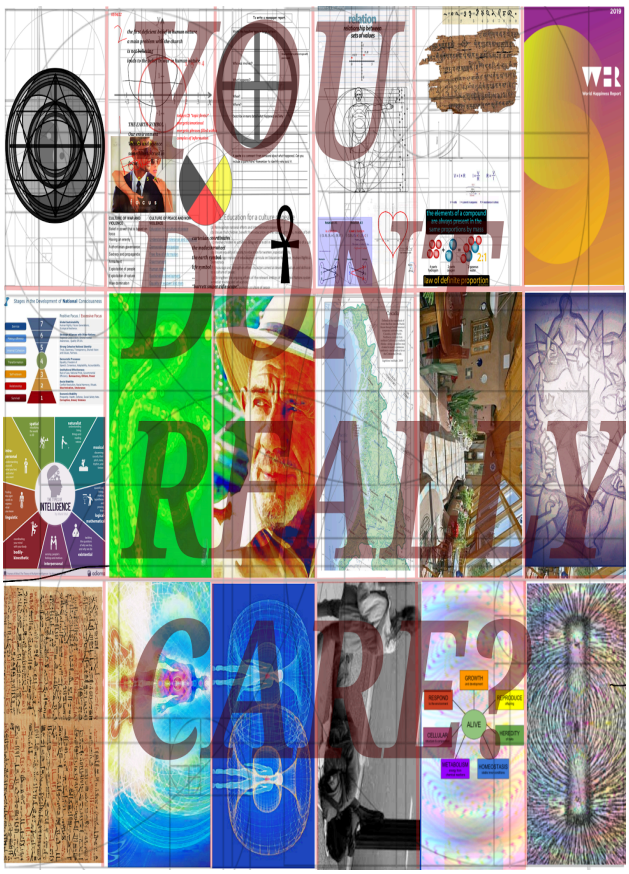
    d. Federal Government Discussion
    e.

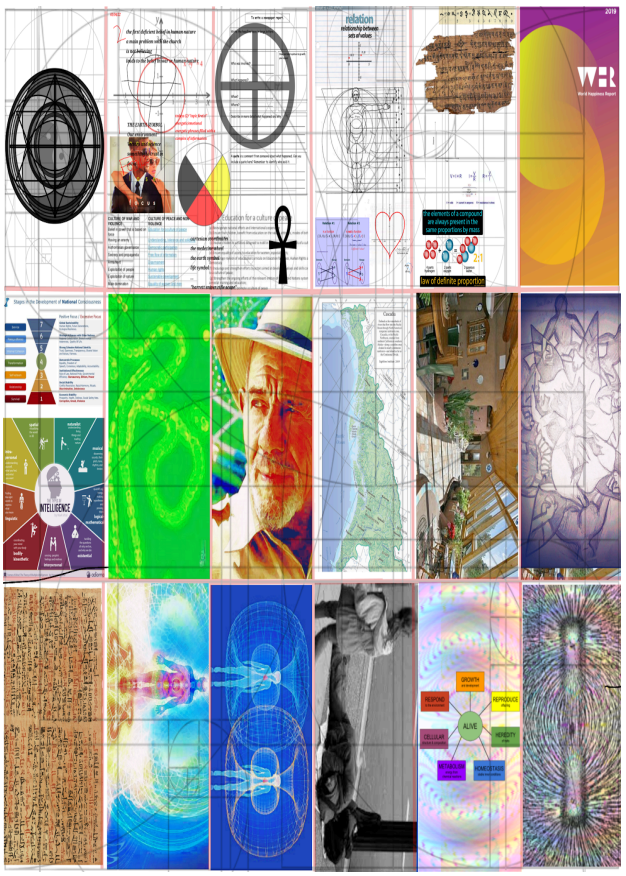
QUOTES:

ADDICTION IS A MAIN ONE (“experiment v4, cog diss, new addiction 2.08)

- Grof et al. [28,29] suggest that “**all addicts experience an internal loss, a spiritual bankruptcy or soul sickness that cuts them off from the world around them**. They enter the soul’s dark night and wrestle with the demons of fear, loneliness, insanity and death that are so common in spiritual crisis. Thus begins a search, a longing, a thirst and a hunger for spiritual re-connection and identity. If we only see the addiction as something to get rid of, to fix it to cure, we are **(**)reducing** clients to their symptoms. Susie Orbach [30] writes, “we don’t produce symptoms unless we have no other route to express distress…if we remove it without exploration, we usually produce a symptom switch”. Therefore as social workers we need to search for the value, meaning and purpose hidden within the addiction.


YOU
DON
REALLY
CARE?

1



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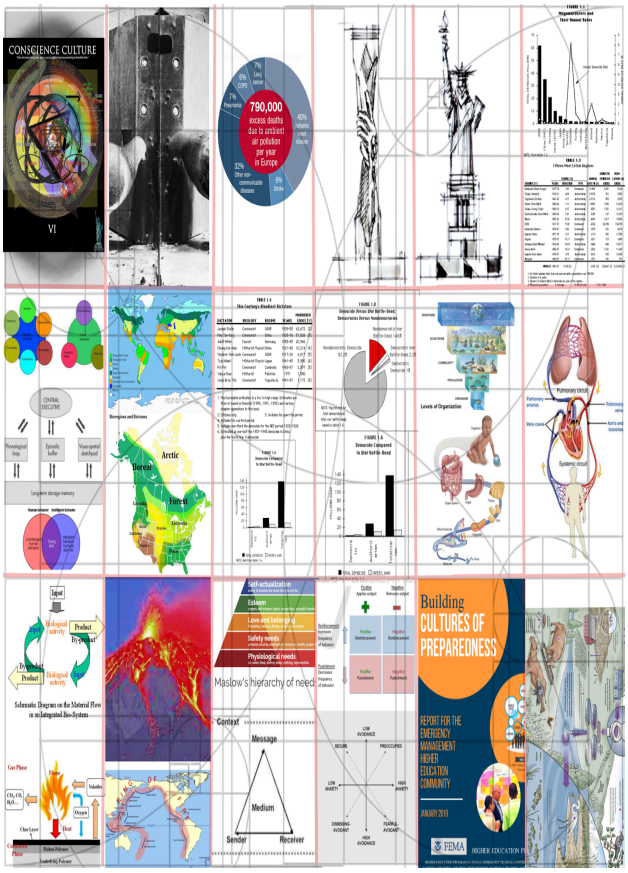
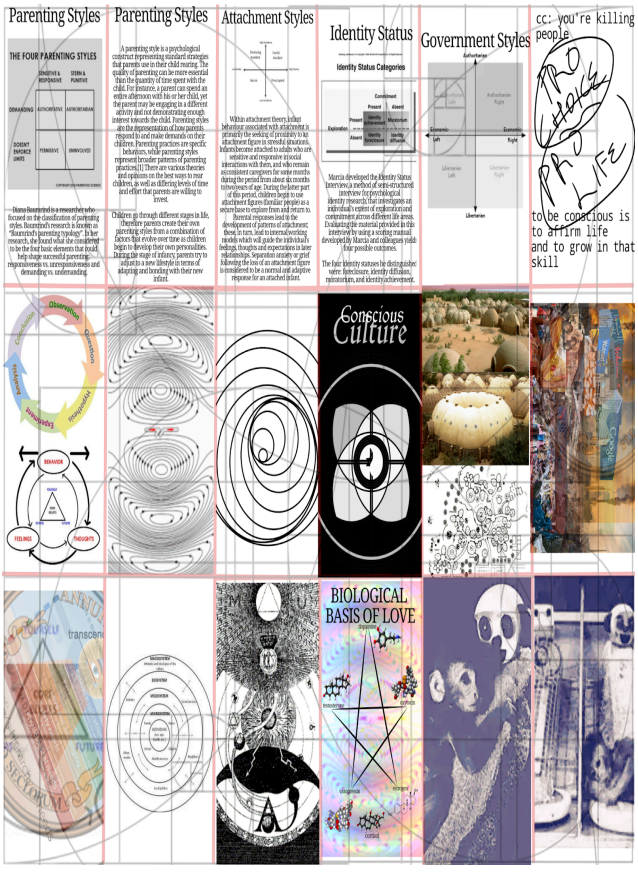

CONSCIENCE CULTURE
790,000
excess deaths due to ambient air pollution per year in Europe
Maslow's hierarchy of needs
Building CULTURES OF PREPAREDNESS
REPORT FOR THE EMERGENCY MANAGEMENT HIGHER EDUCATION COMMUNITY
JANUARY 2019
FEMA

3


Parenting Styles
THE FOUR PARENTING STYLES
Parenting Styles
Attachment Styles
Identity Status
Identity Status Categories
Government Styles
cc: you're killing people
Conscious Culture
BIOLOGICAL BASIS OF LOVE
to be conscious is to affirm life and to grow in that skill

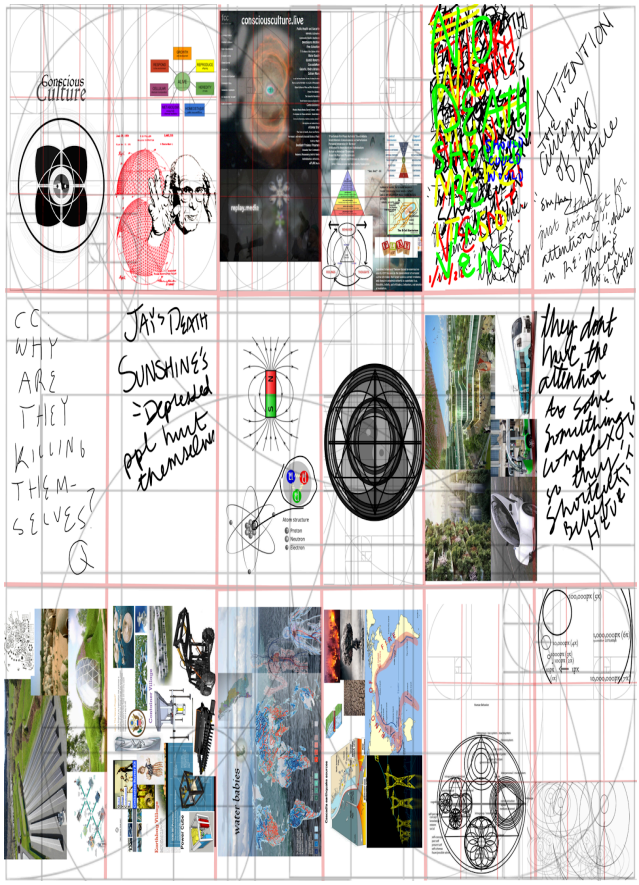
4

Universal Declaration of Human Rights
AMERICAN DECLARATION ON THE RIGHTS OF INDIGENOUS PEOPLES
Declaration of Independence: A Transcription
Terrorism and the Electric Power Delivery System
Global Estimates of Child Labour
THE GLOBAL SLAVERY INDEX 2018
Incarcerated Americans 1925-2014
CAMILLO SITTE
THE ART OF BUILDING CITIES
City Building According to Its Artistic Fundamentals

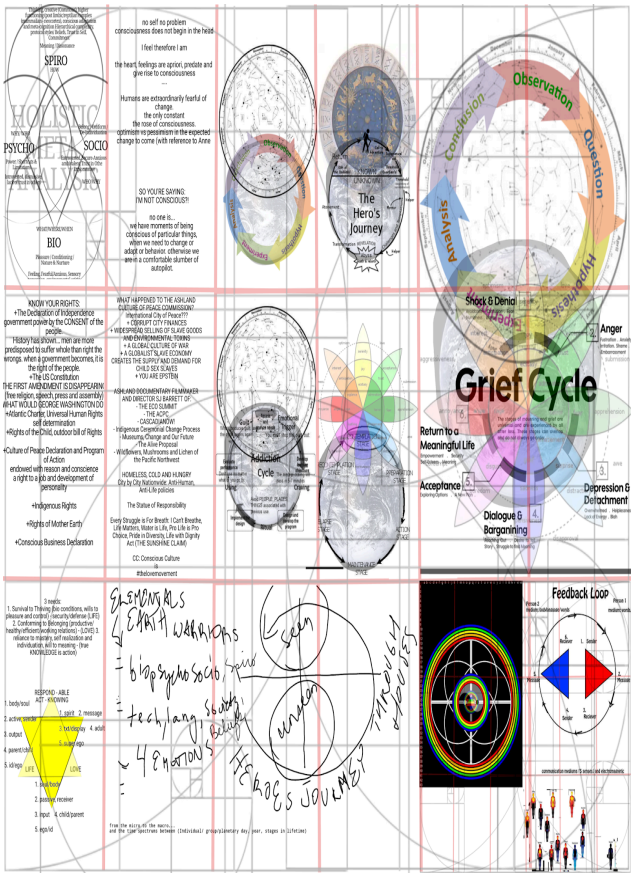
5

Checks and Balances / The Separation of Power
Self-Sustainability
Ouroboros
Breathwork
"I Can't Breathe"
Water Protectors
Clean Water Act
Homestead Act
Myers-Briggs Type Indicator
Radio Wave
Theta Wave (4-7 Hz)
Beta Wave (15-30 Hz)
Delta Wave (0.5-4 Hz)
Gamma Wave (>30 Hz)
Piaget's Theory of Cognitive Intelligence
Preoperational Stage (2-7 years)
Concrete operational Stage (7-11 years)
Formal operational Stage (11+ years)

6


Conscious Culture
consciousculture.live
CC WHY ARE THEY KILLING THEM-SELVES?
JAY'S DEATH
SUNSHINE'S -Depressed -got hurt -drowned
they don't have to do with a thing
do some something complex
so they
Struggles
BUILDING
HERE

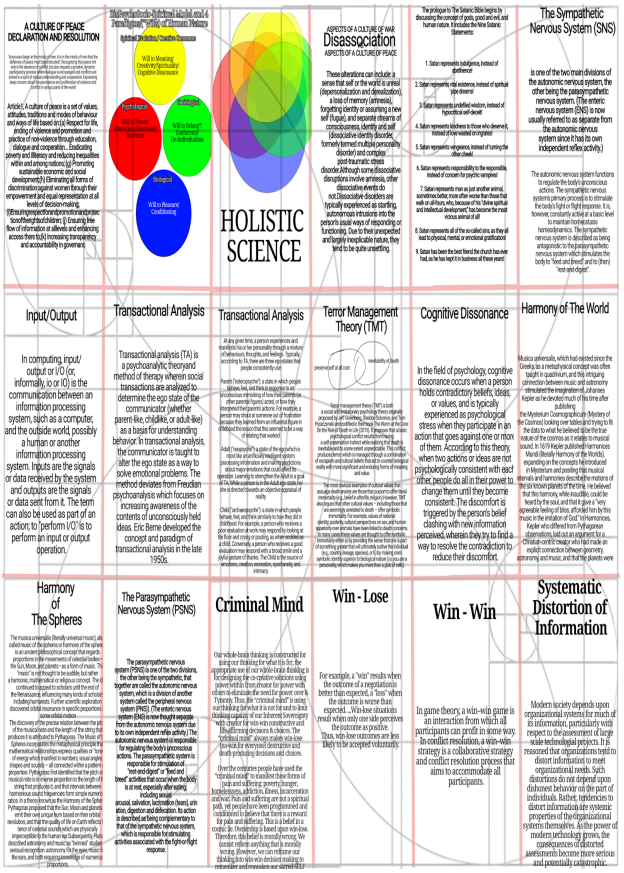
7


no self no problem
consciousness does not begin in the head
I feel therefore I am
the heart, feelings are apriori, prelate and give rise to consciousness
Humans are extraordinarily fearful of change
the only constant
the rose of consciousness
optimism = pessimism = the expected change to come (with reference to Anne
SO YOU'RE SAYING I'M NOT CONSCIOUS?!
no one is...
we have moments of being conscious of particular things, when we need to change or adapt or behavior. otherwise we are in a comfortable slumber of autopilot.
SPIRO
HOLISTIC
PSYCHO
SOCIO
BIO
The Hero's Journey
Addiction Cycle
Observation
Question
Analysis
Conclusion
Hypothesis
Shock & Denial
Anger
Grief Cycle
Return to a Meaningful Life
Acceptance
Depression & Detachment
Dialogue & Bargaining
Feedback Loop
KNOW YOUR RIGHTS:
•The Declaration of Independence
government power by the CONSENT of the people.....
History has shown... men are more predisposed to suffer whole than right the wrongs, when a government becomes, it is the right of the people.
•The US Constitution
THE FIRST AMENDMENT IS DISAPPEARING
(free religion, speech, press and assembly)
WHAT WOULD GEORGE WASHINGTON DO
•Atlantic Charter, Universal Human Rights
self determination
•Rights of the Child, outdoor bill of Rights
•Culture of Peace Declaration and Program of Action
endowed with reason and conscience
a right to a job and development of personality
•Indigenous Rights
•Rights of Mother Earth
•Conscious Business Declaration
WHAT HAPPENED TO THE ASHLAND CULTURE OF PEACE COMMISSION?
Intentional City of Peace???
• CORRUPT CITY FINANCES
• WIDESPREAD SELLING OF SLAVE GOODS AND ENVIRONMENTAL RUINING
• A GLOBAL CULTURE OF WAR
• A GLOBALIST ELAKE ECONOMY CREATES THE SUPPLY AND DEMAND FOR CHILD SEX SLAVES
• YOU ARE DPSTEM
ASHLAND DOCUMENTARY FILMMAKER AND DIRECTOR EJ BARRETT OF
THE ECO SUMMIT
• THE ACPC
CASCADIAMOVI
• Indigenous Geopolitical Change Process
• Museuming, Change and Our Future
• The Alive Proposal
• Wildelivers, Mushrooms and Lichen of the Pacific Northwest
HOMELESS, COLD AND HUNGRY
City by City Nationwide, and Ashland Human, Anti-Life policies
The Statue of Responsibility
Every Struggle is For Breath: I Can't Breathe, Life Matters, Water is Life, We Life in Pro Choice, Pride in Diversity, Life with Dignity Act (THE SUNSHINE CLAIM)
CC: Conscious Culture
#blackvieshavematter
3 needs:
1. Survival is The Fulfillment of conditions, wills to pleasure and control - security/defense (LIFE)
2. Conforming to Belonging (productive healthy/efficient/working relations) - (LOVE) 3. reliance to mastery, self realization and individuation, will to meaning - (true KNOWLEDGE is action)
RESPOND - ABLE
ACT - KNOWING
1. body/soul
2. active/ inactive
3. output
4. parent/child
5. id/ego
1. spirit 2. message
3. body/soul 4. adult
5. super-ego
LIFE
LOVE
1. child/ home
2. partner, receiver
3. input 4. child/parent
5. ego/id
ELEMENTALS
EARTH WARRIORS
= bio/psycho/socio
= tech/lang/symbol
= 4 emotions
THE HERO'S JOURNEY
From the story of the hero...
and the Grief Spectrum between (individual) group/planetary day, year, stages in lifetime)

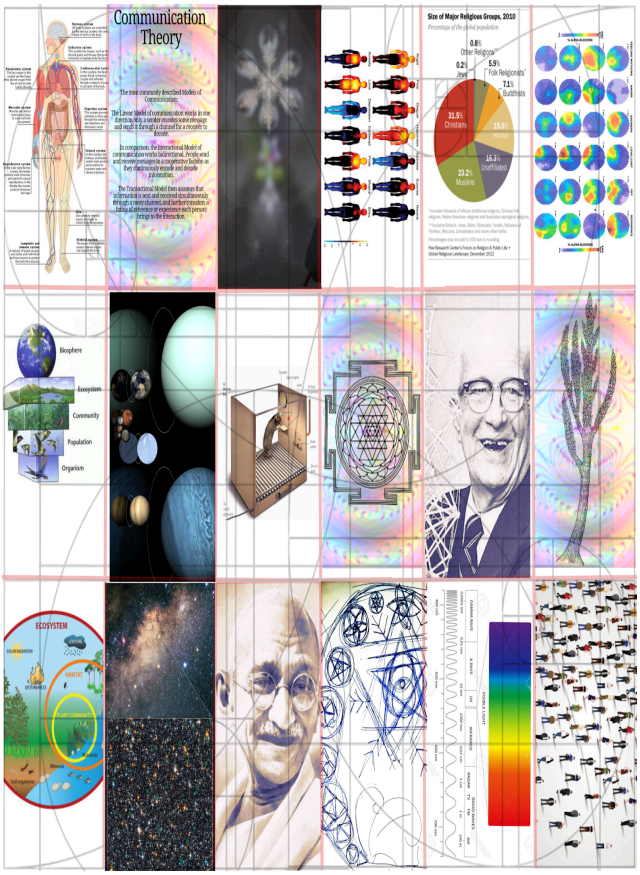
8

ME WHEN I REALIZED YOU WERE SYSTEM
BY YOUR PARTICIPATION IN A GLOBALIST AND SLAVE BASED ECONOMY, A PYRAMID OF WAR BUSINESS SCHEME THAT CREATES THE SUPPLY AND DEMAND FOR CHILD SEX SLAVES
What's Your Personality Type?
SUSTAINABLE DEVELOPMENT GOALS
(1) No Poverty, (2) Zero Hunger, (3) Good Health and Well-being, (4) Quality Education, (5) Gender Equality, (6) Clean Water and Sanitation, (7) Affordable and Clean Energy, (8) Decent Work and Economic Growth, (9) Industry, Innovation and Infrastructure, (10) Reducing Inequality, (11) Sustainable Cities and Communities, (12) Responsible Consumption and Production, (13) Climate Action, (14) Life Below Water, (15) Life On Land, (16) Peace, Justice, and Strong Institutions, (17) Partnerships for the Goals.
THE BIG WOO
THE BIG WOE
THE BIG WHOA
THE BIG WOOH
Good News
TABOO
A taboo is an implicit prohibition on something (usually against an utterance or behavior) based on a cultural sense that it is excessively repulsive or perhaps, too sacred for ordinary people. Such prohibitions are present in virtually all societies. On a comparative basis, taboos, for example related to food items, seem to make no sense at all, as what may be declared unfit for one group by custom or religion may be perfectly acceptable to another.
SHAME
Shame is an unpleasant self-conscious emotion typically associated with a negative evaluation of the self; withdrawal motivations; and feelings of distress, exposure, mistrust, powerlessness, and worthlessness
DISGUST
COGNITIVE BEHAVIORAL THERAPY
HIERARCHY OF NEEDS

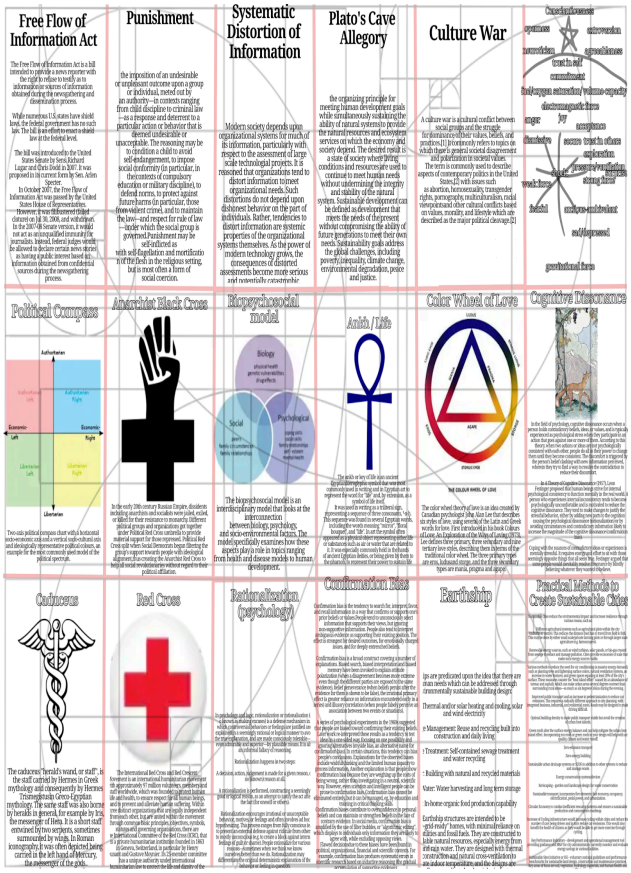
9


A CULTURE OF PEACE DECLARATION AND RESOLUTION
Article1. A culture of peace is a set of values, attitudes, traditions and modes of behaviour and ways of life based on:(a) Respect for life, ending of violence and promotion and practice of non-violence through education, dialogue and cooperation ; Eradicating poverty and illiteracy and reducing inequalities within and among nations;(g) Promoting sustainable economic and social development;(h) Eliminating all forms of discrimination against women through the empowerment and equal representation at all levels of decision-making;
(i)Ensuring respect and promotion and protection of the rights of children;(j) Ensuring the free flow of information at all levels and enhancing access there to;(k) Increasing transparency and accountability in governance.
Intellectual Dimension / Cognitive Dissonance
Will in Meaning/ Creative Personality/ Cognitive Dissonance
Psychological
Will to Power/ Compulsive Neurosis/ Shamism
Will to Belong/ Conformity/ De-individuation
Biological
Will to Pleasure/ Conditioning
HOLISTIC SCIENCE
ASPECTS OF A CULTURE OF WAR
Disassociation
ASPECTS OF A CULTURE OF PEACE
These alterations can include a sense that self or the world is unreal (depersonalization and derealization), a loss of memory (amnesia), forgetting identity or assuming a new self (fugue), and separate streams of consciousness, identity and self (dissociative identity disorder, formerly termed multiple personality disorder) and complex post-traumatic stress disorder.Although some dissociative disruptions involve amnesia, other dissociative events do not.Dissociative disorders are typically experienced as startling, autonomous intrusions into the person's usual ways of responding or functioning. Due to their unexpected and largely inexplicable nature, they tend to be quite unsettling.
The prologue to The Satanic Bible begins by discussing the concept of gods, good and evil, and human nature. It includes the Nine Satanic Statements:
1. Satan represents indulgence, instead of abstinence
2. Satan represents vital existence, instead of spiritual pipe dreams!
3. Satan represents undefiled wisdom, instead of hypocritical self-deceit
4. Satan represents kindness to those who deserve it, instead of love wasted on ungrates!
5. Satan represents vengeance, instead of turning the other cheek.
6. Satan represents responsibility to the responsible, instead of concern for psychic vampires!
7. Satan represents man as just another animal, sometimes better, more often worse than those that walk on all fours, who, because of his "divine spiritual and intellectual development," has become the most vicious animal of all!
8. Satan represents all of the so-called sins, as they all lead to physical, mental, or emotional gratification!
9. Satan has been the best friend the church has ever had, as he has kept it in business all these years!
The Sympathetic Nervous System (SNS)
is one of the two main divisions of the autonomic nervous system, the other being the parasympathetic nervous system. (The enteric nervous system (ENS) is now usually referred to as separate from the autonomic nervous system since it has its own independent reflex activity.)
The autonomic nervous system functions to regulate the body's unconscious actions. The sympathetic nervous system's primary process is to stimulate the body's fight or flight response. It is, however, constantly active at a basic level to maintain homeostasis - homeodynamics. The sympathetic nervous system is described as being antagonistic to the parasympathetic nervous system which stimulates the body to "feed and breed" and to (then) "rest-and-digest".
Input/Output
In computing, input/ output or I/O (or, informally, io or IO) is the communication between an information processing system, such as a computer, and the outside world, possibly a human or another information processing system. Inputs are the signals or data received by the system and outputs are the signals or data sent from it. The term can also be used as part of an action; to "perform I/O" is to perform an input or output operation.
Transactional Analysis
Transactional analysis (TA) is a psychoanalytic theorynand method of therapy wherein social transactions are analyzed to determine the ego state of the communicator (whether parent-like, childlike, or adult-like) as a basis for understanding behavior. In transactional analysis, the communicator is taught to define the ego state as a way to solve emotional problems. The method deviates from Freudian psychoanalysis which focuses on increasing awareness of the contents of unconsciously held ideas. Eric Berne developed the concept and paradigm of transactional analysis in the late 1950s.
Transactional Analysis
Terror Management Theory (TMT)
Cognitive Dissonance
In the field of psychology, cognitive dissonance occurs when a person holds contradictory beliefs, ideas or values, and is typically experienced as psychological stress when they participate in an action that goes against one or more of them. Dissonance is also experienced when new information is presented, wherein they try to find a way to resolve the contradiction to reduce their discomfort.
Harmony of The World
Harmony of The Spheres
The Parasympathetic Nervous System (PSNS)
Criminal Mind
Our whole-brain thinking is constructed for using our thinking for what it's for: for getting what we want. Our whole-brain thinking is for designing the co-creative solutions using power within from structure for power with, others to eliminate the need for power over & Tyranny. This, the "criminal mind" is using our thinking for what it is not for and to bind thinking capable of our inherent sovereignty with creator for win-win constructive and life affirming choices. The "criminal mind" always makes win-lose (a wish for everyone's destruction and death) problem solving decisions and choices.
Over the centuries people have used the "criminal mind" to manifest these forms of pain and suffering: poverty,hunger, homelessness, addiction, illness, Incarceration and war. Pain and suffering are not a spiritual path, yet people have been programmed and conditioned to believe that there is a reward for pain and suffering. This is a belief in a cosmic Lie. Deception is based upon win-lose. Therefore, this belief is morally wrong. We cannot reform anything that is morally wrong. However, we can reframe our thinking into win-win decision making to remember and reawaken our sacredness
Win - Lose
For example, a "win" results when the outcome of a negotiation is better than expected, a "loss" when the outcome is worse than expected. ...Win-lose situations result when only one side perceives the outcome as positive.
Thus, win-lose outcomes are less likely to be accepted voluntarily.
Win - Win
In game theory, a win–win game is an interaction from which all participants can profit in some way. In conflict resolution, a win–win strategy is a collaborative strategy and conflict resolution process that aims to accommodate all participants.
Systematic Distortion of Information
Modern society depends upon organizational systems for much of its information, particularly with respect to the assessment of large scale technological projects. It is reasoned that organizations tend to distort information to meet organizational needs. Such distortions do not depend upon dishonest behavior on the part of individuals. Rather, tendencies to distort information are systemic properties of the organizational systems themselves. As the power of modern technology grows, the consequences of distorted assessments become more serious and potentially catastrophic.

10


Communication Theory
The most commonly described Modes of Communication:
The Linear Model of communication works in one direction only, in which another receives a message and simply it through a channel for a receiver to decode.
In comparison, the Interactional Model of communication works bidirectional. People send and receive messages in a respective facilities as they continuously encode and decode information.
The Transactional Model then assumes that information is sent and received simultaneously through a many channel, and further considers it during as reference or experience each person brings to the interaction.
Size of Major Religious Groups, 2010
Percentage of the global population
Biosphere
Ecosystem
Community
Population
Organism
ECOSYSTEM

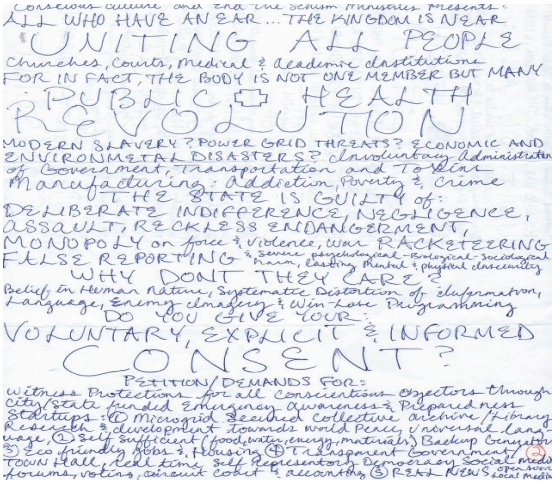
11

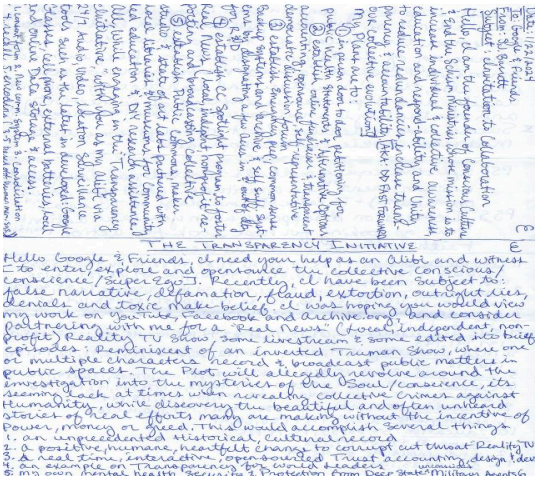

Free Flow of Information Act
The Free Flow of Information Act is a bill intended to provide a news reporter with the right to refuse to testify as to information or sources of information obtained during the investigation and dissemination process.
While numerous U.S. states have shield laws, the federal government does not have one. The bill is an effort to enact a shield law at the federal level.
The bill was introduced in the United States Senate by Sens.Robert Lugar and Chris Dodd in 2007. It was proposed in its current form by Sens. Arlen Specter.
In October 2007, the Free Flow of Information Act was passed by the United States House of Representatives.
However, it was then never either failed cloture on July 30, 2008, and withdrawn. In the 2007-08 Senate version, it would not act as an unqualified immunity for journalists. Instead, federal judges would be allowed to declare certain news stories as having a public interest based on information obtained from confidential sources during the newsgathering process.
Punishment
the imposition of an undesirable or unpleasant outcome upon a group or individual, meted out by an authority—in contexts ranging from child discipline to criminal law—as a response and deterrent to a particular action or behavior that is deemed undesirable or unacceptable. The reasoning may be to condition a child to avoid self-endangerment, to impose social conformity (in particular, in theocracies of compulsory education or military discipline), to defend norms, to protect against future harms (in particular, those from violent crime), and to maintain the laws—and respect for rule of law—under which the social group is governed.Punishment may be self-inflicted as with self-flagellation and mortification in the Christian ascetic religious setting, but is most often a form of social coercion.
Systematic Distortion of Information
Modern society depends upon organizational systems for much of its information, particularly with respect to the assessment of large scale technological projects. It is reasoned that organizations tend to distort information to meet organizational needs. Such distortions do not depend upon dishonest behavior on the part of individuals. Rather, tendencies to distort information are systemic properties of the organizational systems themselves. As the power of modern technology grows, the consequences of distorted assessments become more serious and potentially catastrophic
Plato's Cave Allegory
the organizing principle for meeting human development goals while simultaneously stabilizing the ability of natural systems to provide the natural resources and ecosystem services on which the economy and society depend. The desired result is a state of society where living conditions and resources are used to continue to meet human needs without undermining the integrity and stability of the natural system. Sustainable development can be defined as development that meets the needs of the present without compromising the ability of future generations to meet their own needs. Sustainability goals address the global challenges, including poverty, inequality, climate change, environmental degradation, peace and justice.
Culture War
A culture war is a cultural conflict between social groups and the struggle for dominance of their values, beliefs, and practices.[1] It commonly refers to topics on which there is greatest societal disagreement and polarization in societal values.
The term is commonly used to describe aspects of contemporary politics in the United States,[2] with issues such as abortion, homosexuality, transgender rights, pornography, multiculturalism, racial views,gunsand other cultural conflicts based on values, morality, and lifestyle which are described as the major political cleavages.[3]
Political Compass
Two-axis political compass chart with a horizontal axis economic: left and right and a vertical axis social and ideologically representative political classes, an example for the most commonly used model of the political spectrum.
American Black Cross
In the early 20th century Russian Empire, dissidents including anarchists and socialists were jailed, exiled, or killed for their resistance to monarchy. Different political groups and organizations got together under Political Red Cross umbrella to provide material support for those repressed. Political Red Cross split when Social Democrats began filtering the group's support towards people with ideological alignment thus creating the Anarchist Red Cross to help all social revolutionaries regardless of their political affiliation.
Biopsychosocial model
The biopsychosocial model is an interdisciplinary model that looks at the interconnection between biology, psychology, and socio-environmental factors. The model specifically examines how these aspects play a role in topics ranging from health and disease models to human development.
Ankh / Life
The ankh or key of life was ancient Egyptian hieroglyphic symbol that was most commonly used in writing and in Egyptian art to represent the word for life. In Coptic Christianity, as a variation of the cross.
It was used in writing as a titlesign sign, representing a categories of term commonly. Ankh, This sign was found in several Egyptian words, including the words meaning "mirror", "throat", "breath", and "life". It can be symbol alone or accompanied by additional hieroglyphs. Some amulets such as ankh are also found in the shape, it is also especially commonly found in Akhenaten and Nefertiti's family.
Confirmation Bias
Confirmation bias is the tendency to search for, interpret, favor, and recall information in a way that confirms or supports one's prior beliefs or values.People tend to unconsciously select information that supports their views, while ignoring non-supportive information. People also tend to interpret ambiguous evidence as supporting their existing position. Biased search, interpretation and memory have been invoked to explain attitude polarization (when a disagreement becomes more extreme even though the different parties are exposed to the same evidence), belief perseverance (when beliefs persist after the evidence for them is shown to be false), the irrational primacy effect (a greater reliance on information encountered early in a series) and illusory correlation (when people falsely perceive an association between two events or situations).
Color Wheel of Love
Cognitive Dissonance
Cultures
Red Cross
Reductionism (psychology)
Confirmation Bias
Earthship
Practical Methods to Create Sustainable Cities

12

6 Petitions

endtheschism@gmail.com





1. "Public Health Revolution"

°i. Microgrid secured libraries/ archives

*ii. Self sufficient backup systems; nutrition, materials, energy, (2iii, 4i, 5i,)

iii. Eco friendly jobs and housing

^iv. Transparent government (2ii, 3iv, 6ii)

'v. Real News (2iv, 3ii, 3iii, 5iv, 6v)

2. To Google and Friends pt1

i. Petition door to door

^ii. Online fundraiser transparent accounting

°*iii. Emergency Prep Backup systems - Refugee Resupply

'iv. Cc spotlight training program

V. Public commons maker space

3. To Google and friends pt2

°i. An unprecedented cultural and historical record

'ii. Positive real TV

'iii. Interactive, opensource communication platform

^iv. Transparent world leaders

v. Mental Health Fears/ Insecurity

4. City Mandate Emergency Backup Systems

°*i. Self sufficient backup systems; food, energy, materials

5. Public Transportation & Medical Healing Centers

°*i. Backup nutrition, energy,

6 Petitions

endtheschism@gmail.com

plumbing

ii. Healthcare centers redesigned with ventilation, flowing streams and eco transport

iii. Transportation, inner and intercity; single and passenger electric, self sufficient biofueled interregional train, environmental restoration

'iv. Communication Collectives, local forums, all-in-one, news-social media-customisable

6. **Unified Communication System**

°i. Secure

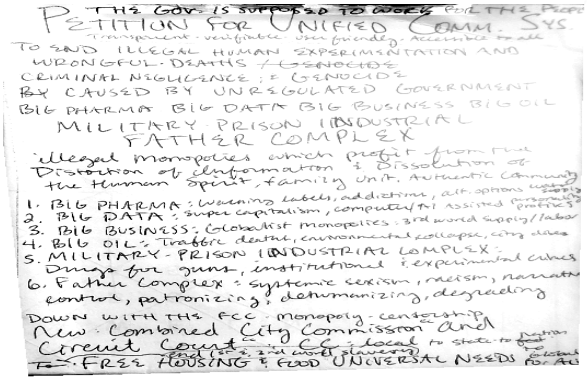
^ii. Transparent

iii. Verifiable

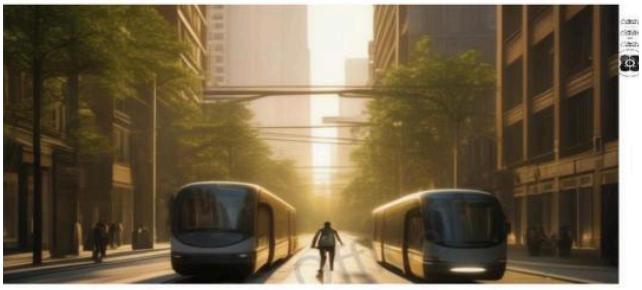
iv. User Friendly

'v. Real time Direct Self Representative Forums

vi. Universally Accessible



Demands for a Unified Communication Backup System: Secure, Transparent, Verifiable, User Friendly, Real Time Direct Self Representative Forums for the Circuit Courts and City Commissions. utilizing Modern Technology, Universally Accessible Social Media Platform for a True Democratic Republic.



3

Mandate City-Level Development of Emergency Backup Systems

Why this petition matters

As a concerned citizen, I am deeply troubled by our reliance on the global supply chain for basic necessities. This dependence not only exposes us to potential contamination and disease (as witnessed during the COVID-19 outbreak) but also supports unethical labor practices in countries where modern slavery is prevalent. Our current system fails to protect us during emergencies such as disease outbreaks or blackouts, leaving many vulnerable and without access to essential resources like water, heating, food, clothing, and shelter.

To address this issue, we must require our city to research, develop and maintain self-sufficient backup systems(1,2) that can meet citizens' basic needs during major disasters without compromising our local environment or health. These systems should be designed with the capacity to function independently of external aid or resources.

'ccording to the United Nations Office for Disaster Risk Reduction (UNDRR), cities that invest in disaster risk reduction measures can prevent significant losses both in terms of lives and infrastructure (UNDRR Report 2019). Moreover, a udy published by the National Bureau of Economic Research indicates that increasing local self-sufficiency can reduce vulnerability to global supply chain disruptions (NBER Working Paper No. 27439).

By mandating these changes at a city level we are not only safeguarding our community against future crises but also taking an ethical stand against exploitative labor practices abroad.

'lease sign this petition urging our city officials to prioritize local self-sufficiency through the development of emergency backup systems.

Thank you for your consideration.

(1) self-suf·fi·cient, adjective; needing no outside help in satisfying one's basic needs, especially with regard to the production of food

2) backup systems include but are not limited to: clean water, food, shelters and essential tool production and delivery systems not reliant on electrical or petroleum powered mechanisms. Some possibilities include but are not limited to harvesting natural gasses from waste systems and incorporating gravity plumbing wherever possible.

View more content created by Petitioner Spencer Joseph Barrett:

Youtube channel: S.J. Barrett
https://youtube.com/@spencerduhbarrett

Facebook page: Conscience Culture

Facebook page: CascadiaNow Corvallis

Facebook page: replay media productions
www.archive.org/details/@endtheschism
www.archive.org/details/@sjb177

1

Endtheschism@gmail.com

Help with these projects?

1. Refugee Resupply - "The People's" Swiss Army modular Blanket **2**. Food sovereignty from potato Towers to Spirilina Algae portable Bioreactors **3**. Cc Magazine to universal browser and raspberry pi portable networks **4**. Novels: ccmag, Inheriting Insidious Institutions - More info at fb page: Conscience Culture & www.archive.org/details/@spencer_barrett **+FREE** Multimedia Opensource Magazine Prototypes for DL

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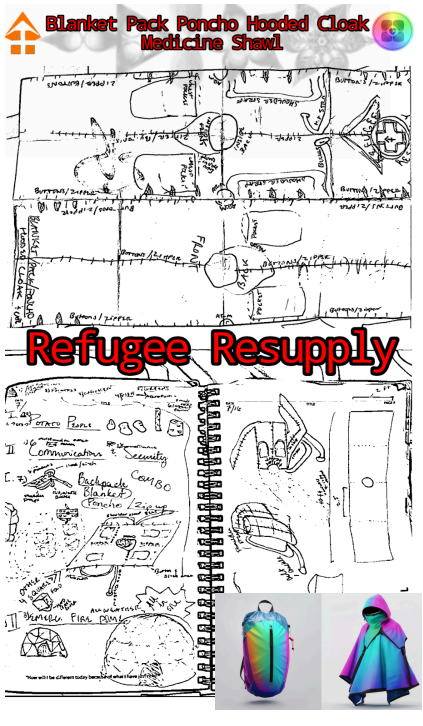

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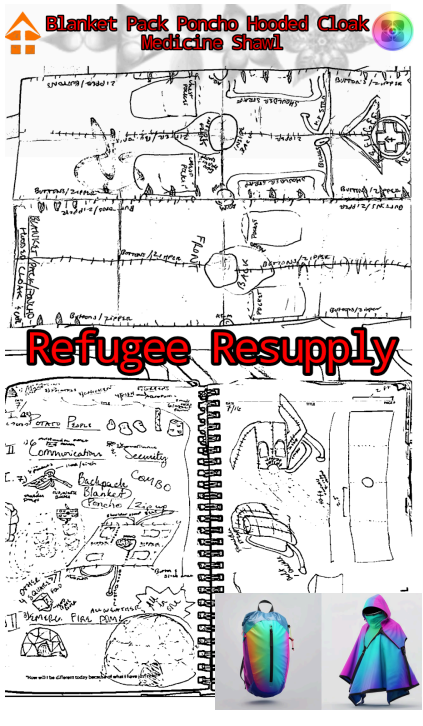
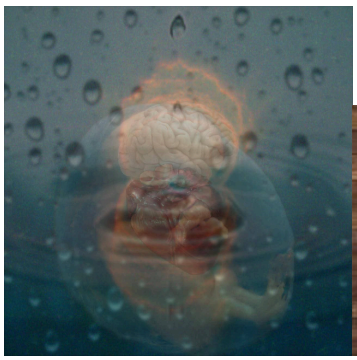


fcc
consciousculture.live
Public Health and Security
MIN-KIN, CoCreative
Community Health, Healthcare
OpenSource Archive
Free Education
Water Sanity
GLASS Reports
CascadiaNow
Galactic. Hydra Origins
Culture Mars
Consciousness
A Divine Star
The fear of Death, A war on Terror,
Spotlight Training Program
Retirers, Phrasemakers, Hateful Hands
Individuation, Activation,
nPLAY Media



Conscious
Culture

1

THINKING
PASSIONS

Conscious
Culture

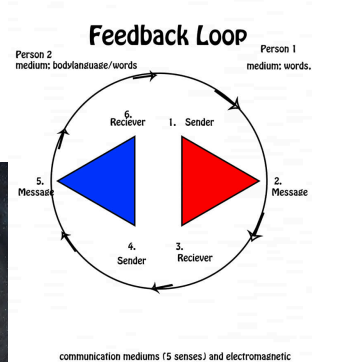
2

FREEDOM
ALL MEN ARE BORN EQUAL
WHAT WOULD HAPPEN IF EVERYONE CARED?
SLAVERY STILL EXISTS

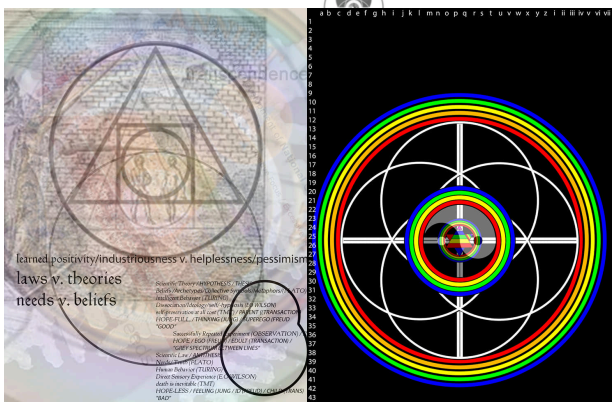
3

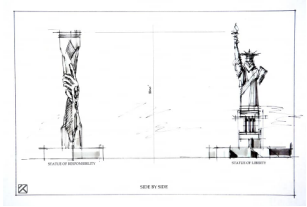
We need to stop relying on the compassion of individuals
but instead build compassionate systems

Conscious
Culture


Feedback Loop
Person 2
medium: bodylanguage/words
Person 1
medium: words.
6.
Reciever
1. Sender
5.
Message
2.
Message
4.
Sender
3.
Reciever
communication mediums (5 senses) and electromagnetic

4



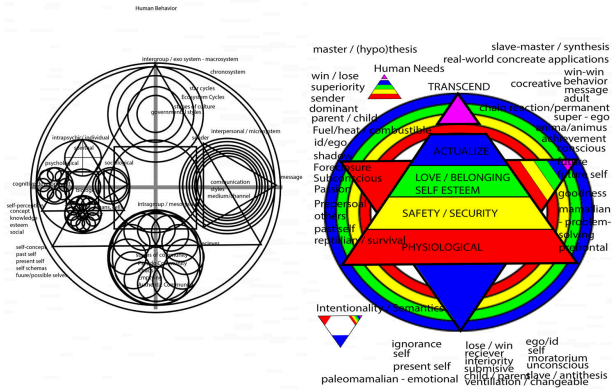


THE BIG PHARMA, BIG BUSINESS, MILITARY AND PRISON INDUSTRIAL

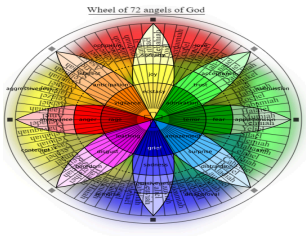
FATHER COMPLEX

"Luke, I am your Father."
"Trust in God the Father."
"she's got daddy problems."
history101: the state enslaved the women and children after killing the Fathers.

exposing the underlying, universal, instinctual father archetype and its effect on the Public Trust



The Hue-Man



Human-Molecule Hormone/Huemon*

A humble prayer

THE COMPASSIONATE SLAVE MASTER

Authored by Jesus Christ

the one, the perfect
the master above all slaves/ disciples*
none like him
the inherent psychological effect
inferiority complex

HOW A DOMINANT MASTER SHALL ETHICALLY COURT &/ OR TREAT SUBMISSIVE SLAVES IN A DECENT MANNER

ps. message translation may have been interfered with by tactical radio transmission warfare from opposing parties
pls stand by until full message is received

All trust in him..
All go through him...
but who is he?
LOVE

The Subtle World

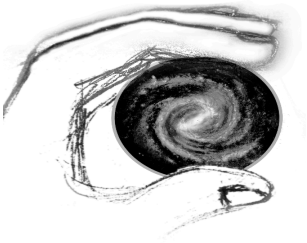
all orders of magnitude... all domains and dimensions of existence...

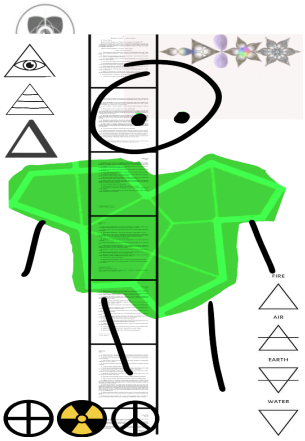
1. the runner, the athlete (task mastering his/ muscle depletion (1 week), stages of a workout
2. the actor/actress (the characters, settings and events) play/ games/ exercises/ programs
3. the artist (subject/ object perception, development and design, artist statement, emotions and the motivation to create), idealism and psychosis through creation, the motivation for humans to make dramatic statements reflecting/ criticizing oneself to others, flash mobs, themes of the underlying purpose and emotions that the artist is trying to convey
4. the reporter, 5 w's, critical thinking and translating and delivering the story
5. the scientist, methodology/ cycle, universally accepted laws and theories/ hypothesis/ observations/ experiments/ results
[6]. the spiritualist, pattern seeking, confirmation bias, self absorption and proof, the addict - model of change
[7]. the architect, blueprint, designs, efficiency, economy, design flaws, archetypal forms, sustaining sacred spaces for human nature to naturally blossom

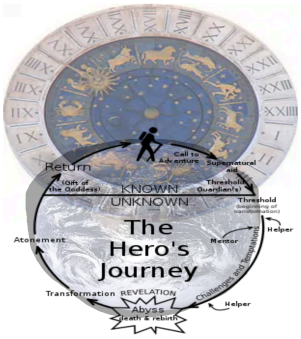
The 'Subtle' World and other reasons to learn the liberal arts.
cycles:
bio - heart, lung, brain beats
psyche - addictions and griefs
- attachment styles and power/ authority complexes
spirit - story mapping
needs, reporting style, laws,

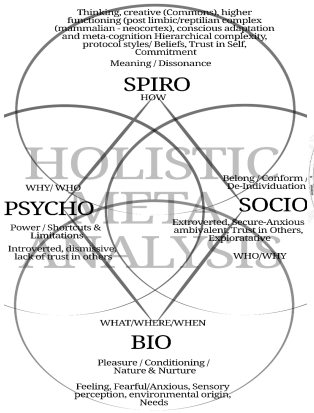
The Big Data-Oil-Business Military-Prison Industrial Complex

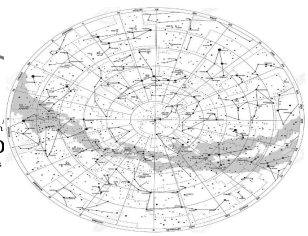
Conscious Culture

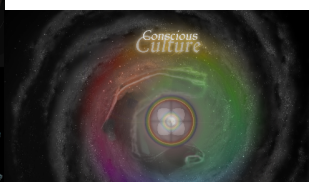










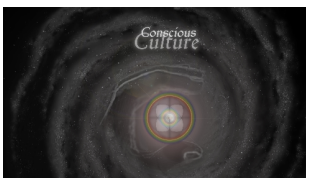


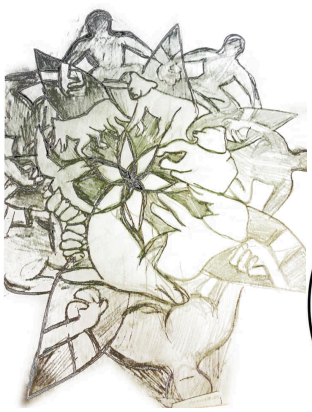
JOIN
THE FORUM

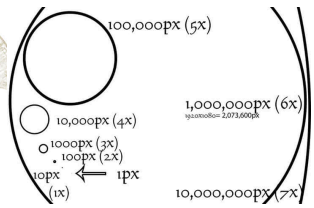
Community
conversation
peer review
self governance
protocol and mapping
collective alliance

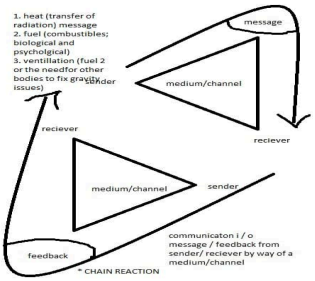
submit an application for proof of identity and location verification (not anonymous)

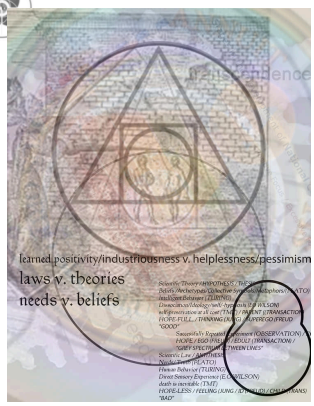
real time, self representation voting and comments

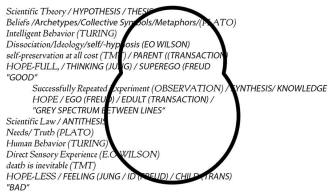


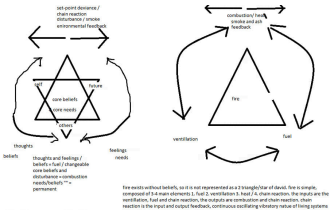


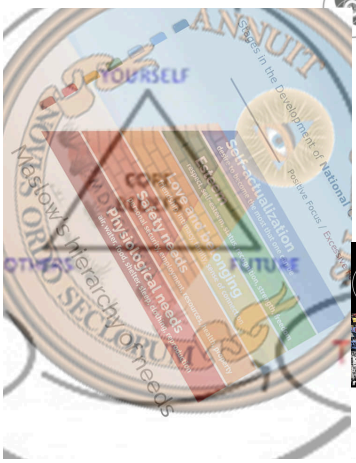


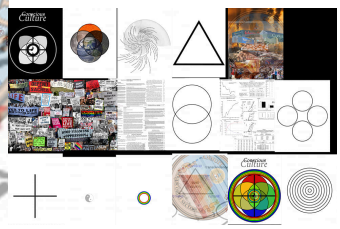




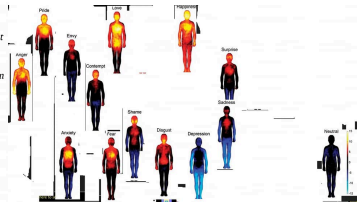


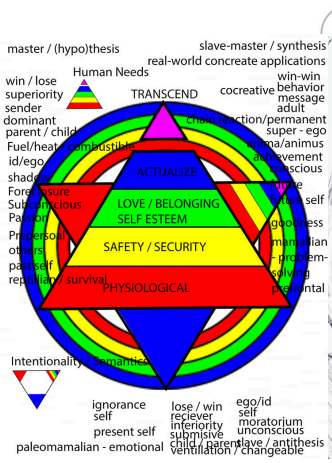


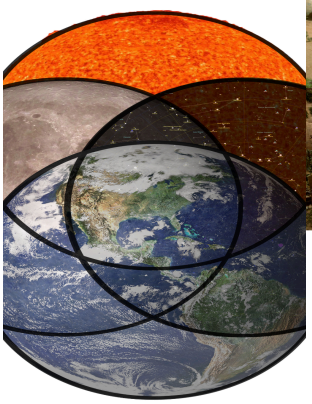


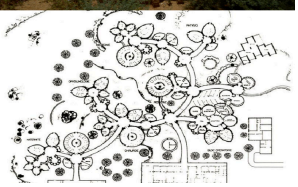


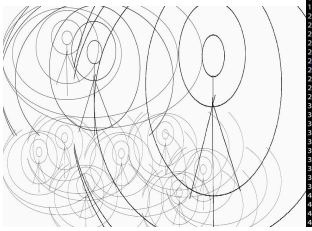
Drug Culture	*Opium of the People*	*NSCPD*	*Addiction*	
Justice	*The Decay*	*Water Babies*	*Valuation*	*informed consent voluntary individuation family restoration*
Emergency Preparedness	*Eco City*		*initiatives: 1. spotlight program 2. carbon detectives 3. canvas project 4. city sustainability preparedness*	

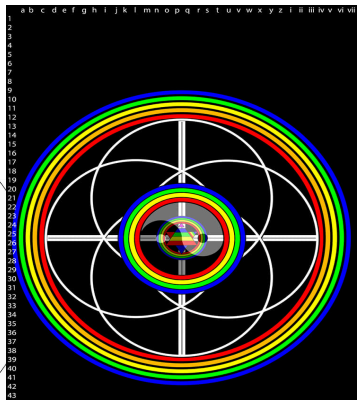


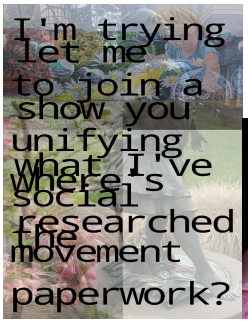


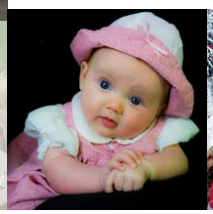


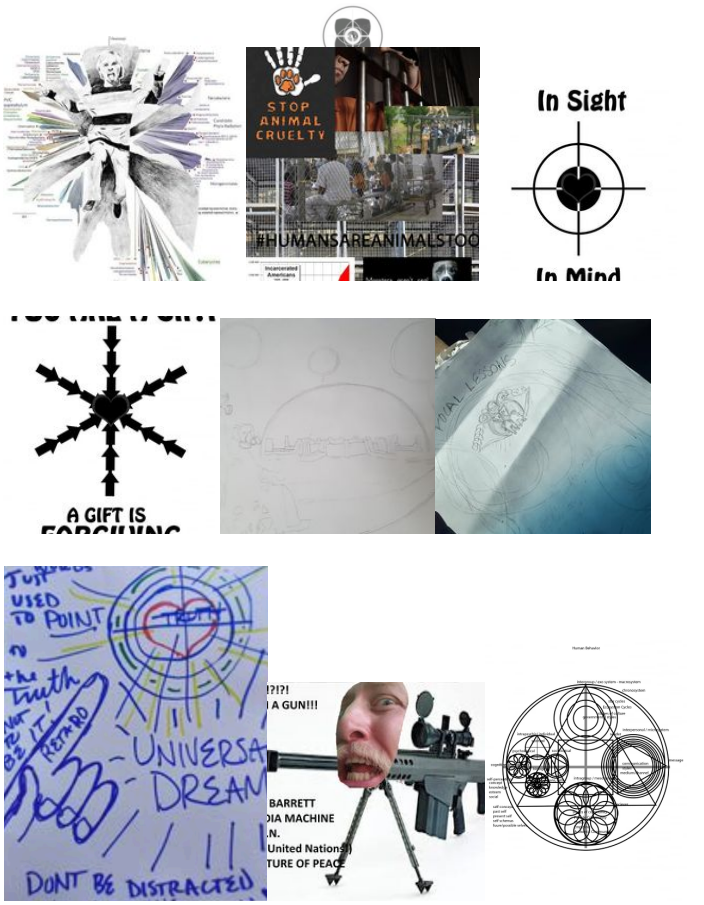











STOP ANIMAL CRUELTY
#HUMANSAREANIMALSTOO
In Sight
In Mind
A GIFT IS
UNIVERSA
DREAM
DONT BE DISTRACTED
BARRETT
DIA MACHINE
United Nations
TURE OF PEACE

context map
intra/inter psychic
intra/inter personal
1. subatomic, sensory motor
2. atomic, preoperational
3. molecular, concrete
4. cellular, formal,
5. multi cellular organism, postformal, systematic, interpersonal
6i. microsystem
6ii. mesosystem
6iii. exosystem
6iv. macrosystem
6v. chronosystem
7. multi ecosystem planetary
8. multi planetary solar system
9. multi solar system galaxy
10. multi galaxy universe
11. multi-verse
1. grammar sov/vos/ovs/osv...
2. reporting w's
3. character/ story building , climax map
4. scientific methodology
5. survival earth focus Map instructions elements and needs
chemistry, physics, biology, archeology, ecology, technology, psychology, sociology, arts and spirituality
holistic mapping
MASTERS DOCTORAL PHD BIG GREATNESS ACHIEVMENTS AND LETTERS BEFORE TO EARN YOUR TRUST
Subatomic Quarks and Perspective
Yours Truly, SJ Barrett

PRISM/US-984XN Overview
Walmart
SHOW ME WHAT YOU GOT
Refugee Resupply

Endtheschism@gmail.com
Help with these projects?
1. Refugee Resupply - "The People's" Swiss Army modular Blanket 2. Food sovereignty from potato Towers to Spirilina Algae portable Bioreactors 3. Cc Magazine to universal browser and raspberry pi portable networks 4. Novels: ccmag, Inheriting Insidious Institutions - More info at fb page: Conscience Culture & www.archive.org/details/@spencer_barrett +FREE Multimedia Opensource Magazine Prototypes for DL
Blanket Pack Poncho Hooded Cloak Medicine Shawl
Refugee Resupply
BACK PACK
COMBO BLANKET PONCHO
PONCHO
BACKPACK
BLANKET